THE Hen: Monwood Book

English Physitian ENLARGED:

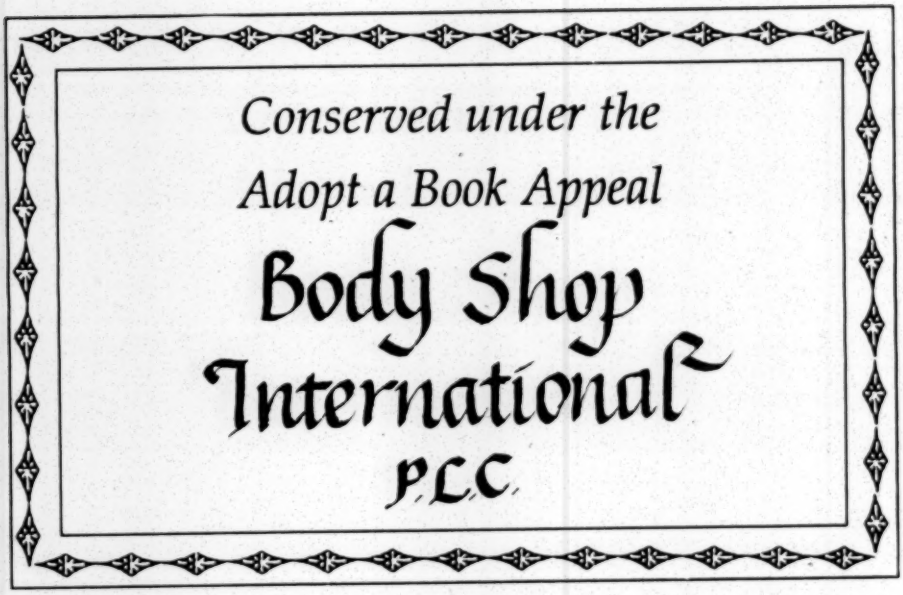
With Three Hundred, Sixty, and Nine *Medicines*, made of *English Herbs* that were not in any *Impression* untill this.

Being an Astrologo-Physical Discourse of the Vulgar Herbs of this Nation; Containing a Compleat Method of Physick, whereby a man may preserve his Body in Health; or Cure himself, being Sick, for three pence Charge, with such things only as grow in England, *they being most fit for* English *Bodies.*

Herein is also shewed these Seven Things: *viz.* 1 The Way of making Plaisters, Ointments, Oils, Pultisses, Syrups, Decoctions, Juleps, or Waters, of all sorts of Physical Herbs, That you may have them ready for your use at all times of the year. 2 What Planet Governeth every Herb or Tree (used in Physick) that groweth in *England.* 3 The Time of gathering all Herbs, both Vulgarly, and Astrologically. 4 The Way of Drying and Keeping the Herbs all the year. 5 The Way of Keeping their Juyces ready for use at all times. 6 The Way of Making and Keeping all kind of usefull Compounds made of Herbs. 7 The way of mixing *Medicines* according to *Cause* and *Mixture* of the *Disease*, and *Part* of the Body *Afflicted.*

By NICH. CULPEPER, Gent. Student in *Physick* and *Astrology.*

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AN ALPHABETICAL TABLE

Of all the

Herbs and Plants in this Book:

As alſo what Planet governeth every one of them.

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THE



THE
English Physitian Enlarged.

Amara-dulcis.

COnsidering divers Shires in this Nation give divers Names to one and the same Herb, & that common Name which it bears in one Country, is not known in another. I shal take the pains to set down all the Names that I know of each Herb: pardon me for setting that Name first which is most common to my self. Besides Amara-dulcis, some cal it Morral, others Bitter-sweet, some Woody-Nightshade, and others Felon wort.

Description.] *It grows up with woody stalks even to a mans height, and sometimes higher. The Leaves fall off at the approach of Winter, and spring out again of the same stalk at Spring time: The branch is compassed about with a whitish bark, and hath a pith in the middle of it: The main branch branches it self out into many small ones, with claspers, laying hold on what is next to them, as Vines do. It bears many leaves, they grow in no order at all, or at least-wise in no vulgar order: The leaves are longish, though somthing broad, and pointed at the ends: many of them have two little leaves growing at the end of their foot-stalk, some of them have but one, and some none: the leaves are of a pale green colour: The flowers are of a purple colour, or of a perfect blew, like to Violets, and they stand many of them together in knots: The Berries are green at the first, but when they are ripe, they are very red; if you tast them, you shall find them just as the Crabs which we in* Sussex *call Bitter-sweet, viz. sweet at first, and bitter afterwards.*

Place.] They grow commonly almost throughout *England*, especially in moist and shady places.

Time.] The leaves shoot out about the latter end of *March*, if

the temperature of the Air be ordinary, it flowreth in *July*, and the ſeeds are ripe ſoon after, uſually in the next month.

Witchcraft.

Vertigo.

Felons.

Government and Vertues.] It is under the Planet *Mercury*, and a notable Herb of his alſo, if it be rightly gathered under his Influence. It is excellent good to remove Witchcrafts both in men and beaſts; as alſo all ſudden Diſeaſes whatſoever. Being tied round about the neck, it is one of the admirableſt remedies for the Vertigo or Dizineſs in the head that is, and that's the reaſon (as *Tragus* ſaith) the people in *Germany* commonly hang it about their Cattels neck when they fear any ſuch evil hath betided them. Country people commonly uſe to take the Berries of it, and having bruiſed them, they apply them to Felons, and thereby ſoon rid their fingers of ſuch troubleſom gueſts.

Obſtructions of the Liver and Spleen. difficulty of Breathing, Bruiſes, Falls, congealed Blood, Dropſie, yellow and black Jaundice, Women after Delivery.

We have now ſhewed you the external uſe of the Herb, we ſhal ſpeak a word or two of the internal, and ſo conclude. Take notice that it is a *Mercurial Herb*, and therefore of very ſubtil parts, as indeed all *Mercurial Plants* are; therefore take a pound of the wood and leaves together, bruiſe the wood (which you may eaſily do, for it is not ſo hard as Oak) then put it in a pot, and put to it three pints of white Wine, put on the pot-lid, and ſhut it cloſe, then let it infuſe hot over a gentle fire twelve hours, then ſtrain it out, ſo have you a moſt excellent Drink to open Obſtructions of the Liver and Spleen, to help difficulty of breath, bruiſes, and falls, and congealed blood in any part of the body, to help the yellow Jaundice, the Dropſie, and black Jaundice, and to cleanſe women newly brought in bed. You may drink a quarter of a pint of the Infuſion every morning. It purgeth the body very gently, and not churliſhly as ſome hold: And when you find good by this, remember me.

They that think the uſe of theſe Medicines is too brief (it's ſo only for cheapneſs of the Book) let them read theſe Books of mine, of the laſt Edition, viz. *Rixerius*, *Veſlingus*, *Riolanus*, *Johnſton*, *Sennertus*, and *Phyſick for the Poor*.

Alheal.

IT is called Alheal, Hercules Alheal, and Hercules Woundwort, becauſe it is ſuppoſed that *Hercules* learned the Herb and its Vertues from *Chyron*, when he learned Phyſick of him. Some call it Panay, and others Opopanawort.

Deſcription.] *Its Root is long, thick, and exceeding full of juyce, of a hot and biting taſt. The Leaves are great and large, and winged almoſt like Aſh-tree leaves, but that they are ſomething hairy, each leaf conſiſting of five or ſix pair of ſuch wings ſet one againſt the other, upon foot-ſtalks, broad below, but narrow towards the end, one of the leaves is a little deeper at the bottome than the other, of a fair, yellowiſh, freſh, green colour, they*

are

are of a bitterish taste, being chewed in the mouth. From amongst these ariseth up a stalk, green in colour, round in form, great and strong in magnitude, five or six foot high in altitude, with many joynts and some leaves thereat: towards the top come forth umbels of small yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

Place.] Having given you the Description of the Herbs from the bottom to the top, give me leave to tell you that there are other Herbs called by this name: but because they are strangers in *England*, I gave only the Description of this which is easie to be had in the Gardens of divers.

Time.] Although *Gerard* saith, That they flower from the beginning of *May* to the end of *December*, Experience teacheth them that keep it in their Gardens, that it flowers not till the later end of Summer, and sheds its seeds presently after.

Government and Vertues.] It is under the Dominion of *Mars*; hot, biting, and cholerick: and remedies what evils *Mars* afflicts the body of man with by Sympathy, as Vipers flesh attracts poyson, and the Load-stone Iron. It kills the Worms, helps the Gout, Cramp, and Convulsion. Provokes Urin, and helps all Joynt-aches. It helps all cold griefs of the Head, the Vertigo, Falling-sickness, and Lethargy, the wind Colick, obstructions of the Liver and Spleen, Stone in the Kidnies and Bladder. It provokes the Terms, expels the dead Birth: it is excellent good for the grief of the Sinews, Itch, Sores, and Toothach, the bitings of mad Dogs and venemous Beasts, and purgeth Choler very gently.

worms, Gout, Cramp, Convulsion, provokes Urin, Joynt-aches Vertigo, Falling-sickness, Lethargie, Colick, Obstructions of the Liver and Spleen, Stone, Terms, provokes dead Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venemous Beasts, Choler.

Such as would cure all Diseases, let them read these Books of mine, of the last Edition, viz. *Riverius*, *Rolanus*, *Johnston*, *Vestingus*, *Sennertus*, and *Physick for the Poor*.

Alkanet.

BEsides the common name, it is called Orchanet, and Spanish Bugloss, and by Apothecaries Anchusa.

Description.] *Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one, take this Description: It hath a great and thick Root, of a reddish colour; longs narrow, hairy Leaves, green like the Leaves of Bugloss which lie very thick upon the ground: the stalks rise up compassed round about, thick with Leaves which are lesser and narrower*

than the former, they are tender, and ſlender, the flowers are hollow, ſmall, and of a reddiſh purple colour, the ſeed is grayiſh.

Place.] It grows in *Kent* neer *Rocheſter*, and in many places in the Weſt Country, both in *Devonſhire* and *Cornwal*.

Time.] They flower in *July*, and the beginning of *Auguſt*, and the ſeed is ripe ſoon after, but the Root is in its prime, as Carrots and Parſnips are, before the Herb run up to ſtalk.

Ulcers, Inflamations, burnings, S. Anthon. fire, Morphew, Leproſie, dead child, yell. jaundice, ſpleen, gravel, Venemous beaſts, Flux, Worms, Mother, Back, Bruiſes, Falls, Small Pox, Meaſles, wounds.

Government and Vertues.] It is an Herb under the Dominion of *Venus*, and indeed one of her Darlings, though ſomething hard to come by. It helps old Ulcers, hot Inflamations, burnings by common fire, and St. *Anthonies* fire, by antipathy to *Mars*: for theſe uſes, your beſt way is to make it into an Oyntment. Alſo if you make a Vinegar of it as you make Vinegar of Roſes, it helps the Morphew and Leproſie; if you apply the herb to the privities, it draws forth the dead Child. It helps the yellow Jaundice, Spleen, and Gravel in the Kidneys, (*Dioſcorides* ſaith) it helps ſuch as are bitten by a venemous Beaſt, whether it be taken inwardly, or applied to the wound: nay, he ſaith further, If any one that hath newly eaten it, do but ſpit in the mouth of a Serpent, the Serpent inſtantly dies. It ſtayes the flux of the belly, kils Worms, helps the fits of the Mother. Its Decoction made in Wine and drunk, ſtrengthens the Back, and eaſeth the pains thereof, it helps Bruiſes and Falls, and is as gallant a Remedy to drive out the ſmall Pox and Meaſles as any is: an Oyntment made of it, is excellent for green wounds, pricks, or thruſts.

They that would be knowing Phyſitians, let them read theſe Books of mine of the laſt Edition, viz. *Riverius*, *Rolanus*, *Johnſton*, *Veſlingus*, *Sennertus*, and *Phyſick for the Poor*.

Adders Tongue, *or*, Serpents Tongue.

Deſcription. *THis ſmall Herb hath but one leaf, which grows with the Stalk a fingers length above the ground, being fat, and of a freſh green colour, broad like Water Plantane, (but leſs) without any middle Rib in it: from the bottom of which Leaf, on the inſide, riſeth up (ordinarily) one, ſometimes two, or three ſmall ſlender ſtalks, the upper half whereof is ſomewhat bigger, and dented with ſmall round dents of a yellowiſh green colour, like the tongue of an Adder or ſerpent (onely this is as uſeful as they are formidable.) The Root continues all the year.*

Place.] It grows in moiſt Meadows, and ſuch like places.

Time.] And is to be found in *April* and *May*, for it quickly periſheth with a little heat.

Government and Vertues.] It is an Herb under the Dominion of the *Moon* in *Cancer*, and therefore if the weakneſs of the

Retentive

Retentive Faculty be cauſed by any evil influence of *Saturn*, in any part of the Body governed by the *Moon*, or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures thoſe Diſeaſes after ſpecified in any part of the body under the influence of *Saturn*, by Antipathy.

It is temperate in reſpect of heat, but dry in the Second Degree. The Juyce of the Leaves drunk with the Diſtilled Water of Horſtail, is a ſingular Remedy for all manner of Wounds in the Breaſt, Bowels, or other parts of the Body, and is given with good ſucceſs unto thoſe who are troubled with caſting, vomiting, or bleeding at the Mouth or Noſe, or otherwiſe downwards. The ſaid Juyce given in the diſtilled Water of Oaken Buds, is very good for Women who have their uſual courſes, or the whites flowing down too abundantly: it helps ſore Eyes. The Leaves infuſed or boyled in Oyl Oniphacine, or unripe Olives, ſet in the Sun for certain dayes, or the green Leaves ſufficiently boiled in the ſaid Oyl, is made an excellent green Balſom, not onely for green and freſh wounds, but alſo for old and inveterate Ulcers, eſpecially if a little fine cleer Turpentine be diſſolved therein: It alſo ſtayeth and repreſſeth all inflamations that ariſe upon pains, by Hurts or Wounds.

Wounds in the Breaſt, Bowels, Vomiting, Terms ſtops, whites, wounds, ulcers, inflamation in wounds.

What parts of the Body are under each Planet and Sign, and alſo what Diſeaſes, may be found in my Aſtrological Judgement of Diſeaſes; and for the internal work of Nature in the Body of Man as Vital, Animal, Natural, and Procreative Spirit of Man; the Apprehenſion, Judgment, Memory: The external Sences, *viz.* Seeing, Hearing, Smelling, Taſting, and Feeling; the Vertues Attractive, Retentive, Digeſtive, Expulſive, *&c.* under the Dominion of what Planets they are, may be found in my *Eph. meris* for the year 1651. in both which you ſhall find the Chaff of Authors blown away, by the fame of Dr. *Reaſon*, and nothing but Rational Truths left for the Ingenious to feed upon.

Laſtly, To avoid blotting Paper with one thing many times, and alſo to eaſe your Purſes in the price of the Book, and withal to make you ſtudious in Phyſick, you have at the later end of the Book, the way of preſerving all Herbs either in Juyce, Conſerve, Oyl, Oyntment, or Plaiſter, Electuary, Pill, or Troches.

Thoſe that would give help againſt all Infirmities, let them read theſe Books of mine, of the laſt Edition, viz. *Riverius*, *Johnſton*, *Riolanus*, *Sennertus*, *Veſlingus*, and *Phyſick for the Poor*.

Agrimony.

Deſcription. THis hath divers long Leaves (ſome greater, ſome ſmaller) ſet upon a ſtalk, all of them dented about

the edges, green above, and grayiſh underneath, and a little hairy withal. Among which ariſeth up uſually but one ſtrong, round, hairy, brown ſtalk, two or three foot high, with ſmaller Leaves ſet here and there upon it. At the top whereof grow many ſmall yellow flowers one above another in long ſpikes. After which come rough heads of ſeeds hanging downwards, which will cleave to, and ſtick upon Garments, or any thing that ſhall rub againſt them. The Root is black, long, and ſomwhat woody, abiding many years, and ſhooting afreſh every Spring; which Root, though ſmall, hath a reaſonable good ſcent.

Place.] It groweth upon Banks, near the ſides of Hedges or Pales.

Time.] It flowreth in *July* and *Auguſt*, the Seed being ripe ſhortly after.

Government and Vertues.] It is an Herb under *Jupiter*, and the Sign *Cancer*; and ſtrengthens thoſe parts under that Planet and Sign, and removes Diſeaſes in them by Sympathy, and thoſe under *Saturn*, *Mars*, and *Mercury* by Antipathy. If they happen in any part of the body governed by *Jupiter*, or under the Signs *Cancer*, *Sagittary*, or *Piſces*, and therefore muſt needs be good for the Gout, either uſed outwardly in an Oyl or Oyntment, or inwardly in an Electuary or Syrup, or concreted Juyce, for which ſee the later end of the Book.

Clenſing, *Drying,* *Binding,* *Liver,* *Jaundice,* *Inward Wounds,* *Inward Bruiſes,* *Bloody & troubled Urin,* *Colick,* *Breaſt,* *Cough,* *Tertian and Quartan Agues,* *Bloody-Flux,* *Cancers,* *Thorns,* *Splinters & Nails in the Fleſh,* *Members out of joynt,* *Apoſthumes.*

It is of a clenſing and cutting faculty, without any manifeſt heat, moderately drying and binding. It openeth and clenſeth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward Wounds, Bruiſes, Hurts, and other diſtempers. The Decoction of the Herb made with Wine, and drunk, is good againſt the biting and ſtinging of Serpents, and helps them that have foul, troubled, or bloody Waters, and makes them piſs clear ſpeedily. It alſo helpeth the Colick, clenſeth the Breaſt, and rids away the Cough. A draught of the Decoction taken warm before the fit, firſt removes, and in time rids away the Tertian or Quartan Agues. The Leaves and Seed taken in Wine, ſtaies the Bloody-flux. Outwardly applied, being ſtamped with old Swines greaſe, it helpeth old Sores, Cancers, and inveterate Ulcers; and draweth forth Thorns, Splinters of wood, Nails, or any other ſuch thing gotten into the fleſh. It helpeth to ſtrengthen the Members that be out of joynt: and being bruiſed and applied, or the Juyce dropped in, it helpeth foul and impoſthumed Ears.

The diſtilled Water of the Herb is good to all the ſaid purpoſes, either inward or outward, but a great deal weaker.

It is a moſt admirable Remedy for ſuch whoſe Livers are annoyed either by heat or cold. The Liver is the Former of blood,

and

and blood the nouriſher of the body, and Agrimony a ſtrengthener of the Liver.

I cannot ſtand to give you a reaſon in every Herb, why it cureth ſuch Diſeaſes, but if you pleaſe to peruſe my Judgment in the Herb Wormwood, you ſhall find them there, and it will be well worth your while to conſider it in every Herb, you ſhall find them true throughout the Book.

If any think the uſe of theſe Medicines too brief (it's ſo only for cheapneſs of the Book) let them read theſe Books of mine of the laſt Edition, viz. *Riverius*, *Riolanus*, *Johnſton*, *&c.*

Water-Agrimony.

IT is called in ſome Countries Water-Hemp, Baſtard Hemp, and Baſtard Agrimony, Eupatorium, and Hepatorium, becauſe it ſtrengthens the Liver.

Deſcript.] *The Root continues a long time, having many long, ſlender ſtrings. The ſtalk grows up about two foot high, ſomtimes higher. They are of a dark purple colour: the branches are many, growing at diſtances the one from the other, the one from the one ſide of the ſtalk, the other from the oppoſite point. The Leaves are winged and much indented at the edges. The flowers grow at the tops of the branches, of a brown yellow colour, ſpotted with black ſpots, having a ſubſtance within the midſt of them like that of a Daiſie; if you rub them between your fingers, they ſmell like Rozin or Cedar when it is burnt. The ſeeds are long, and eaſily ſtick to any woollen thing they touch.*

Place.] They delight not in heat, and therefore they are not ſo frequently found in the Southern parts of *England* as in the North, where they grow frequently: you may look for them in cold Grounds, by Ponds and Ditches ſides, as alſo by running Waters, ſomtimes you ſhall find them grow in the midſt of the Waters.

Time.] They all flower in *July* and *Auguſt*, and the ſeed is ripe preſently after.

Government and Vertues.] It is a Plant of *Jupiter* as well as the other Agrimony, only this belongs to the Cœleſtial Sign *Cancer*. It healeth and drieth, cutteth and clenſeth thick and tough humors of the Breaſt, and for this I hold it inferior to but few Herbs that grow. It helps the *Cachexia* or evil diſpoſition of the body, the Dropſie, and yellow Jaundice, it opens Obſtructions of the Liver, mollifies the hardneſs of the Spleen, being applied outwardly: it breaks Impoſthumes taken inwardly, it is an excellent Remedy for the third day Ague. It provokes Urin and the Terms, it kills Worms, and clenſeth the body of ſharp humors, which are the cauſe of Itch, Scabs: the Herb being burnt, the ſmoke therof drives away Flies, Waſps, &c.

Cutteth, Clenſeth, Breaſt, Cachexia, Dropſie, Yellow Jaundice, Obſtructions, Liver, Spleen, Impoſthums, Urin, Terms, provokes, Worms, Itch, Scabs, Flies, Waſps,

Lungs. Cattel. it ſtrengthens the Lungs exceedingly. Country people give it to their Cattel, when they are troubled with the Cough, or broken winded.

They that would be knowing Phyſitians, let them read theſe Books of mine, of the laſt Edition, viz. *Riverius*, *Riolanus*, *Johnſton*, *Veſlingus*, *Sennertus*, and *Phyſick for the Poor*.

Alehoof, *Or* Ground-Ivy.

SEveral Countries give it ſeveral Names, ſo that there is ſcarce an Herb growing of that bigneſs that hath got ſo many: It is called *Cats-foot*, *Ground-Ivy*, *Gill go by ground*, and *Gill creep by ground*, *Tun-hoof*, *Hay-maids*, *and Alehoof*.

Deſcription.] *This well known Herb, lieth, ſpreadeth, and creepeth upon the ground, ſhooting forth Roots, at the corners of the tender joynted ſtalks, ſet all along with two round Leaves at every joynt, ſomewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the joynts likewiſe with the Leaves towards the end of the branches, come forth hollow long Flowers, of a blewiſh purple colour, with ſmall white ſpots upon the lips that hang down. The Root is ſmall with ſtrings.*

Place.] It is commonly found under Hedges, and on the ſides of Ditches, under Houſes, or in ſhadowed Lanes, and other waſt grounds in almoſt every part of the Land.

Time.] They flower ſomewhat early, and abide ſo a great while, the Leaves continue green until Winter, and ſometimes abide, except the Winter be very ſharp, and cold.

Government and Vertues.] It is an Herb of *Venus*, and therefore cures the Diſeaſes ſhe cauſes, by Smpathy, and thoſe of *Mars*, by Antipathy: You may uſually find it all the year long except the year be extream froſty. It is quick, ſharp, and bitter in taſt, and is thereby found to be hot and dry; a ſingular Herb for all inward Wounds, exulcerated Lungs, or other parts, either by it ſelf, or boyled with other the like Herbs: And being drunk, it in ſhort time eaſeth all griping pains, windy and chollerick Humours in the ſtomach, ſpleen, or belly; helps the yellow Jaundice by opening the ſtopgings of the Gall and Liver, and Melancholy, by opening the ſtoppings of the Spleen, expelleth Venom or Poyſon, and alſo the Plague; it provoketh Urine, and Womens Courſes: The Decoction of it in Wine drunk for ſome time together, procureth eaſe unto them that are troubled with the Sciatica, or Hip Gout, as alſo the Gout in the Hands, Knees, or Feet: and if you put to the Decoction, ſome Honey, and a little burnt Allum, it is excellent good to gargle any ſore Mouth or Throat, and to waſh the ſores and Ulcers in the

I ward wounds, Pains, Griping, Wind, Cholter, Stomach, Spleen, Belly, Stopping in the Liver, Gall, Plague, Poyſon, Gout, Sciatica, Sore Mouth and Throat.

the privy parts of man or woman: It ſpeedily helpeth green Wounds, being bruiſed and bound thereunto: The Juyce of it boyled with a little Honey and *Verdegreece*, doth wonderfully cleanſe Fiſtulaes, Ulcers; and ſtayeth the ſpreading or eating of Cancers and Ulcers; it helpeth the Itch, Scabs, Wheals, and other breakings out in any part of the Body. The Juyce of Celondine, Field Daiſies, and Ground Ivy clarified, and a little fine Sugar diſſolved therein, and dropped into the Eyes, is a Sovereign Remedy for all the Pains, Redneſs, and Watering of them; as alſo for the Pin and Web, Skins and Films growing over the ſight; it helpeth beaſts as well as men. The Juyce dropped into the Ears doth wonderfully help the noiſe and ſinging of them, and helpeth the hearing which is decayed. It is good to Tun up with new Drink, for it will ſo clarifie it in a night, that it will be the fitter to be drunk the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

Ulcers in the Privities, Itch, Scabs, Web in the Eye, Redneſs and watering of them, Ulcers, noiſe in the Ears, Deafneſs.

Alexander.

IT is alſo called Aliſander, Horſe Parſly, and Wild Parſly, and the black Pot-herb; the ſeed of it is that which is uſually ſold in the Apothecaries Shops for *Macedonian Parſly ſeed.*

Deſcription.] *It is uſually ſown in all the Gardens in* Europe, *and ſo well known, that it needs no further deſcription.*

Time.] They flower in *June* and *July*, the ſeed is ripe in *Auguſt.*

Government and Vertues.] It is an Herb of *Jupiter*, and therefore friendly to Nature, for it warmeth a cold ſtomach, and openeth ſtoppings of the Liver and Spleen; it is good to move womens Courſes, to expel the After-birth, to break wind, to provoke Urine, and help the ſtrangury; and theſe things the ſeeds will do likewiſe: if either of them be boyled in Wine, or being bruiſed and taken in Wine, is alſo effectual againſt the biting of Serpents. And now you know what *Alexander Pottage* is good for, that you may no longer eat it out of ignorance, but out of knowledg.

Obſtructions of the Liver and Spleen. Provokes the terms, after-birth, wind, provokes urine, biting of Serpents.

Such as will cure all Diſeaſes, may read theſe Books of mine, of the laſt Edition, viz. *Riverius*, *Semertus*, *Veſlingius*, *Johnſton*, *Riolanus*, and *Phyſick for the Poor.*

The Black Alder-tree.

Deſcription. THis Tree ſeldom groweth to any great bigneſs, but for the moſt part abideth like a Hedg Buſh, or Tree ſpreading into Branches, the Wood of the Body being white, and a dark red Core, or Heart; the outward Bark is of

of a blackiſh colour, with many whitiſh ſpots thereon: but the inner bark next unto the Wood is yellow, which being chewed, will turn the Spittle near unto a Saffron colour. The Leaves are ſomewhat like thoſe of the ordinary Alder-tree, or the Female Cornel, or Dog-berry Tree; called in Suſſex Dog-wood, but blacker, and not ſo long. The Flowers are white, coming forth with the Leaves at the Joynts, which turn into ſmall round Berries, firſt green, afterwards red, but blackiſh when they are through ripe, divided as it were into two parts, wherein is contained two ſmall, round, and flat Seeds. The Root runneth not deep into the ground, but ſpreads rather under the upper cruſt of the Earth.

Place.] This Tree or Shrub may be found plentifully in St. Johns Wood by *Hornſey*, and in the Woods upon *Hampſted Heath*, as alſo at a Wood called the old Park in *Barcomb* in *Suſſex* near the Brooks ſide.

Time.] It flowreth in *May*, and the Berries are ripe in *September*.

Government and Vertues.] It is a Tree of *Venus*, and perhaps under the Cœleſtial Sign *Cancer*. The inner yellow bark hereof purgeth downwards both Choler and Flegm, and the watry humors of ſuch as have the Dropſie, and ſtrengtheneth the inward parts again by binding. If the bark hereof be boyled with Agrimony, Wormwood, Dodder, Hops, and ſome Fennel, with Smallage, Endive, and Succory roots, and a reaſonable draught taken every morning for ſome time together. It is very effectual againſt the Jaundice, Dropſie, and the evil diſpoſition of the body, eſpecially if ſome ſutable purging Medicine have been taken before to avoid the groſſer Excrements: it purgeth and ſtrengtheneth the Liver and Spleen, cleanſing them from ſuch evil humors and hardneſs as they are afflicted with. It is to be underſtood that theſe things are performed by the dried bark, for the freſh green bark taken inwardly, provoketh ſtrong Vomitings, pains in the Stomach, and gripings in the Belly. Yet if the Decoction may ſtand and ſettle two or three daies until the yellow colour be changed black, it will not work ſo ſtrongly as before, but will ſtrengthen the Stomach, and procure an Appetite to meat. The outer bark contrariwiſe doth bind the body, and is helpful for all Lasks and Fluxes thereof, but this muſt alſo be dried firſt, whereby it will work the better. The inner bark hereof boyled in Vinegar, is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a ſhort time. It is ſingular good to waſh the Teeth, to take away the pains, to faſten thoſe that are looſe, to cleanſe them, and keep them ſound. The Leaves are good Fodder for Kine to make them give more milk.

Choler, Flegm,

Jaundice, Dropſie, Cachexia, Liver, Spleen.

Stomach weak, Appetite loſt, Flux, Lice, Itch, Scabs, Toothach, Teeth looſe.

If

If in the Spring time you uſe the Herbs before mentioned, and wil but take a handful to each of them, and to them add a handful of Elder-buds, and having bruiſed them all, boyl them in a Gallon of ordinary Beer when it is new, and having boyled them half an hour, add this to three Gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts. It is an excellent Purge for the Spring, to conſume the flegmatick quality the Winter hath left behind it, and withal keep your body in health, and conſume thoſe evil humors which the heat of Summer will readily ſtir up: eſteem it as a Jewel.

The common Alder Tree.

Deſcript.] *Groweth to a reaſonable height, and ſpreads much, if it like the place. It is ſo generally well known unto Country people, that I conceive it needleſs to tell them that which is no news.*

Place and Time.] It delighteth to grow in moiſt Woods, and watry places; flowering in *April* or *May*, and yielding ripe ſeed in *September*.

Government and uſe.] It is a Tree under the Dominion of *Venus*, and of ſome watry Sign or other, I ſuppoſe *Piſces*, and therefore the Decoction or diſtilled Water of the Leaves, is excellent againſt Burnings, and Inflammation, either with wounds or without, to bathe the place grieved with, and eſpecially for that Inflamation in the Breaſt, which the Vulgar call an Ague. *Burnings, Inflammations.*

If you cannot get the Leaves (as in Winter 'tis impoſſible) make uſe of the Bark in the ſame manner.

The Leaves and Bark of the Alder Tree are cooling, drying, and binding. The freſh Leaves laid upon Swellings, diſſolveth them, and ſtayeth the Inflamations. The Leaves put under the bare Feet gauled with travelling, are a great refreſhing to them. The ſaid Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereinto, which being ſuddenly caſt out, will rid the Chamber of thoſe troubleſom Bed-fellows. *Cooling, Drying, Binding, Swellings, Fleas.*

Angelica.

TO write a Deſcription of that which is ſo well known to be growing in almoſt every Garden, I ſuppoſe it altogether needleſs: yet for its Vertues it is of admirable uſe.

In times of Heatheniſm when men had found out any excellent Herb, &c, they dedicated it to their Gods: As the *Bay-tree* to *Apollo*, the *Oak* to *Jupiter*, the *Vine* to *Bacchus*, the *Poplar* to *Hercules*. Theſe the Papiſts following as the Patriarchs, they dedicate them to their Saints; as our *Ladies Thiſtle* to the

Bleſſed

Blessed Virgin, St. *Johns wort* to St. *John*, and another Wort to St. *Peter*, *&c.* Our Physitians must imitate like Apes, (though they cannot come off half so cleverly) for they blasphemously call Pansies, or Hearts ease, an *Herb of the Trinity*, because it is of three colours: and a certain Oyntment, an *Oyntment of the Apostles*, because it consisteth of twelve Ingredients: Alas poor Fools, I am sorry for their folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already: O! Why must ours be Blasphemous, because the Heathens and Papists were Idolatrous? certainly they have read so much in old rusty Authors, that they have lost all their Divinity; for unless it were amongst the Ranters, I never read or heard of such Blasphemy: The Heathens and Papists were bad, and ours worse; the Papists giving Idolatrous Names to Herbs for their Vertues sake, not for their fair looks, and therefore some called this, an Herb of the *Holy Ghost*, others more moderate called it *Angelica*, because of its Angelical Vertues, and that Name it retains still, and all Nations follow it so neer as their Dialect will permit.

Government and Vertues.] It is an Herb of the *Sun* in *Leo*, let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be angular, Observe the like in gathering the Herbs of other Plants, and you may happen to do wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows: It resists poyson, by defending and comforting the Heart, Blood, and Spirits; it doth the like against the plague and all Epidemical Diseases; if the Root be taken in powder to the weight of half a dram at a time, with some good Treacle in Carduus water, and the party thereupon laid to sweat in his bed, If Treacle be not to be had, take it alone in Carduus, or Angelica Water. The Stalks or Roots candied and eaten fasting, are good preservatives in time of infection; and at other times to warm and comfort a cold stomach. The Root also steeped in Vinegar, and a little of that Vinegar taken sometimes fasting, and the Root smelled unto, is good for the same purpose. A water distilled from the Root simply, or steeped in Wine, and distilled in Glass, is much more effectual than the Water of the Leaves; and this Water drunk two or three spoonfuls at a time, easeth all pains and torments coming of cold and wind, so as the Body be not bound: and taken with some of the Root in Powder at the beginning, helpeth the Pleurisie, as also all other Diseases of the Lungs and Breast, as Coughs, Phtisick, and Shortness of Breath, and a syrup of the stalks doth the like: It helps pains of the Chollick, the Strangury, and Stopping of the Urin, procureth Womens Courses, and expelleth the After-birth,

oyson,
estilence,
pidemical
iseases.

old, Wind,
leurisie,
ough,
ungs,
reast,
trangury,
hortness
breath,
hollick,
rovokes
e Terms,
fter-birth,

openeth

openeth the stoppings of the Liver and Spleen, and briefly easeth and discusseth all windiness and inward swellings. The Decoction drunk before the fit of an Ague, that they may sweat (if possible) before the fit come, will in two or three times taking rid it quite way: it helps digestion, and is a remedy for a surfet. The Juyce, or the Water being dropped into the Eyes or Ears, helps dimness of sight, and deafness: The Juyce put into the hollow Teeth, easeth their pains. The Roots in powder made up into a plaister with a little Pitch, and laid on the biting of a Mad Dog, or any other Venemous Creature, doth wonderfully help. The Juyce, or the Water dropped or tents wet therein, and put into old filthy deep Ulcers, Or the powder of the Root (in want of either) doth cleanse and cause them to heal quickly, by covering the naked bones with flesh: The distilled Water applied to places pained with the Gout or Sciatica, doth give a great deal of ease.

Stoppings of the Liver and Spleen, Indigestion, Surfets, Tooth-ach, Biting of Mad Dogs, Ulcers, Gout. Sciatica.

The wild Angelica is not so effectual as the Garden, although it may be safely used to all the purposes aforesaid.

Amaranthus.

BEsides this common name, by which it is best known by the Florists of our dayes, it is also called, Flower-Gentle, Flosser-Velure, Floramor, and Velvet Flower.

Description.] *It being a Garden Flower, and well known to every one that keeps of it, I might forbear the Description; yet notwithstanding, because some desire it, I shall give it: It runneth up with a stalk a cubit high, straked, and somewhat reddish toward the Root, but very smooth, divided towards the Top with small Branches, among which stand long broad Leaves of a reddish green colour, slippery: the Flowers are not properly Flowers, but Tufts, very beautiful to behold, but of no smell, of a reddish colour; if you bruise them, they yield Juyce of the same colour; being gathered, they keep their beauty a long time; the Seed is of a shining black colour.*

Time.] They continue in flower from *August* till the time the Frost nip them.

Government and Vertues.] It is under the Dominion of *Saturn*, and is an excellent qualifier of the unruly actions and passions of *Venus*, though *Mars* also should joyn with her. The Flowers dried and beaten into powder, stop the Terms in Women, and so do almost all other red things. And by the Icon, or Image of every Herb, the Ancients at first found out their Vertues: Modern Writers they laugh at them for it; but I wonder in my Heart how the Vertues of Herbs came at first to be known, if not by their Signatures: The Modern have them from the Writings of the Ancients, the Ancients had no Writings

Terms stops.

Flux, Bleeding, Whites, Running of the Reins, French Pox.

kings to have them from: but to proceed. The Flowers stop all Fluxes of Blood, whether in man or woman, bleeding either at the Nose or Wound. There is also a sort of *Amaranthus* which bears a white flower, which stops the Whites in Women, and the Running of the Reins in men, and is a most gallant Antisyphilitick, and a singular Remedy for the French Pox.

Anemone.

CAlled also Wind-flower, because they say the Flowers never open but when the wind bloweth. *Pliny* is my Author, if it be not so, blame him. The Seed also (if it bears any at all) flies away with the wind.

Place and Time.] They are sown usually in the Gardens of the Curious, and flowers in the Spring time. As for Description I shall pass it, being well known to all those that sow them.

Government and Vertues.] It is under the Dominion of *Mars*, being supposed to be a kind of Crowfoot. The Leaves provoke the Terms mightily being boyled, and the Decoction drunk. The body being bathed with the Decoction of them, cures the Leprosie. The Leaves being stamped, and the Juyce snuffed up in the Nose, purgeth the Head mightily, so doth the Root being chewed in the mouth, for it procureth much spitting, and bringeth away many watry and flegmatick humors, and is therefore excellent for the Lethargy: and when all is done, let Physitians prate what they please, all the Pills in the *Dispensatory* purge not the Head like to hot things held in the mouth. Being made into an Oyntment, and the Eye-lids anointed with it, it helps inflamations of the Eyes, whereby it is palpable that every stronger drawes its weaker like. The same Oyntment is excellent good to cleanse malignant and corroding Ulcers.

Terms provokes.

Head purgeth.

Lethargic.

Eyes inflamed, Ulcers.

Garden Arrach.

CAlled also, Orach, and Arage.

Descript.] *It is so commonly known to every Housewife, it were but labour lost to describe it.*

Time.] It flowreth and seedeth from *June* to the end of *August*.

Government and Vertues.] It is under the Government of the *Moon*; in quality cold and moist like unto her. It softneth and loosneth the body of man being eaten, and fortifieth the expulsive faculty in him. The Herb, whether it be bruised and applied to the Throat, or boyled, and in like manner applied, it matters not much, it is excellent good for Swellings in the Throat, the best way I suppose is to boyl it and having drunk the Decoction inwardly, apply the Herb outwardly: the Decoction of it besides, is an excellent Remedy for the yellow Jaundice.

Expulsive Faculty, Throat.

Yellow Jaundice.

Arrach

Arrach, Wild and ſtinking.

CAlled alſo *Vulvaria*, from that part of the Body upon which the operation is moſt; alſo Dogs Arrach, Goats Arrach, and Stinking Mother-wort.

Deſcription.] *This hath ſmall, and almoſt round Leaves, yet a little pointed, and without dent or cut, of a dusky mealy colour, growing on the ſlender ſtalks and branches that ſpread on the ground, with ſmall flowers in Cluſters ſet with the Leaves, and ſmall ſeeds ſucceeding like the reſt, periſhing yearly, and riſing again with its own ſowing. It ſmells like old rotten fiſh, or ſomething worſe.*

Place.] It grows uſually upon Dunghills.

Time.] They flower in *June* and *July*, and their ſeed is ripe quickly after.

Government and Vertues.] Stinking Arrach is uſed as a remedy to help Women pained, and almoſt ſtrangled with the Mother, by ſmelling to it: but inwardly taken, there is not a better Remedy under the Moon for that Diſeaſe. I would be large in commendation of this Herb, were I but Eloquent. It is an herb under the Dominion of *Venus*, and under the ſign *Scorpio*; It is common almoſt upon every Dunghil. The Works of God are given freely to Man, his Medicines are common and cheap, and eaſie to be found: ('tis the Medicines of the *Colledg of Phyſitians* that are ſo dear, and ſcarce to find.) I commend it for an Univerſal Medicine for the Womb, and ſuch a Medicine as will eaſily, ſafely, and ſpeedily cure any Diſeaſe thereof, as the Fits of the Mother, Diſlocation, or falling out thereof: It cools the Womb being over-heated. (And let me tell you this, and I will tell you the truth, Heat of the Womb is one of the greateſt cauſes of hard Labour in Child-birth) It makes Barren women Fruitful, it cleanſeth the Womb if it be foul, and ſtrengthens it exceedingly: it provokes the Terms if they be ſtopped, and ſtops them if they flow immoderately: You can deſire no good to your womb but this Herb will effect it; therefore if you love Children, if you love health, if you love eaſe, keep a ſyrup alwayes by you, made of the Juyce of this Herb and Sugar, (or Honey, if it be to cleanſe the Womb) and let ſuch as be rich keep it for their poor neighbours, and beſtow it as freely as I beſtow my ſtudies upon them, or elſe let them look to anſwer it another day, when the Lord ſhall come *to make inquiſition of blood.* *Mother.* *Womb.*

Arch-angel.

TO put a gloſs upon their Practice, the Phyſitians call an Herb (which Country people vulgarly know by the name of *Dead Nettles*) *Arch-angel*, wherein whether they favour of more ſuper-

Superſtition or Folly, I leave to the Juditious Reader. There is more curioſity than courteſie to my Country men uſed by others in the explanation as well of the Names as Deſcription of this ſo well known an Herb: which that I may not alſo be guilty of, take this ſhort Deſcription, firſt of the red Arch-angel.

Deſcription.] *This hath divers ſquare ſtalks ſomewhat hairy, at the joynts whereof, grow two ſaa green Leaves dented about the edges, oppoſite to one another, the lowermoſt upon long foot-ſtalks, but without any toward the tops, which are ſomewhat round, yet pointed, and a little crumpled and hairy: Round about the upper joynts, where the Leaves grow thick, are ſundry gaping flowers of a pale reddiſh colour; after which come the Seeds, three or four in a Husk. The Root is ſmall and thriddy, periſhing every year: the whole Plant hath a ſtrong ſcent, but not ſtinking.*

White Arch-angel hath divers ſquare ſtalks, none ſtanding ſtraight upright, but bending downwrrd, whereon ſtand two Leaves at a joynt, larger and more pointed than the other, dented about the edges, and greener alſo, more like unto Nettle-Leaves, but not ſtinging, yet hairy: At the joynts, with the Leaves, ſtand larger and more open gaping white flowers, in Husks round about the ſtalks, (but not with ſuch a buſh of leaves, as flowers ſet in the top, as is on the other) wherein ſtand ſmall roundiſh black Seeds; The Root is white, with many ſtrings at it, not growing downward, but lying under the upper cruſt of the Earth, and abideth many years increaſing: This hath not ſo ſtrong a ſcent as the former.

Yellow Archangel is like the white in the ſtalks and leaves, but that the ſtalks are more ſtraight and upright, and the joynts with leaves are further aſunder, having longer leaves than the former; and the flowers a little larger and more gaping, of a fair yellow colour in moſt, in ſome paler: The Roots are like the white, onely they creep not ſo much under the ground.

Place.] They grow almoſt every where (unleſs it be in the middle of the ſtreet) the yellow moſt uſually in the wet grounds of woods, and ſometimes in the dryer, in divers Counties of this Nation.

Time.] They flower from the beginning of the Spring all the Summer long.

Vertues and uſe.] The Arch-angels are ſomewhat hot and dryer than the ſtinging Nettles, and uſed with better ſucceſs for the ſtopping and hardneſs of the ſpleen, than they, by uſing the Deco-
Spleen. ction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a plaiſter, or the Decoction with
Whites. Spunges. The flowers of the white Arch-angel are preſerved, or conſerved to be uſed to ſtay the whites; and the flowers of the

Red

Red to ſtay the Reds in Women. It makes the Heart merry, drives away Melancholy, quickens the Spirits, is good againſt Quartan Agues, ſtancheth bleedings at Mouth and Noſe, if it be ſtamped and applied to the Nape of the Neck. The Herb alſo bruiſed, and with ſome Salt and Vinegar, and Hogs greaſe laid upon any hard Tumor or Swelling, or that which is vulgarly called the Kings-Evil, doth help to diſſolve or diſcuſs them, and being in like manner applied, doth much allay the pains, and give eaſe to the Gout, Sciatica, and Sinews. It is alſo very effectual to heal green Wounds, and old Ulcers, alſo to ſtay their fretting, gnawing and ſpreading. It draweth forth Splinters, and ſuch like things gotten into the fleſh, and is very good againſt Bruiſes and Burnings. But the yellow Archangel is moſt commended for old, filthy, corrupt Sores and Ulcers, yea, although they grow to be hollow; and to diſſolve Tumors. The chief uſe of them is for Women, it being an Herb of *Venus*, and may be found in my *Guide for Women*.

Melancholy, Quartan Agues, Bleeding at Noſe, Swellings, Kings Evil, Gout, Sciatica, Joynts, Ulcers, old Sores, Bruiſes, Burnings.

Arſ-ſmart.

THe hot Arſ-ſmart is called alſo Water-Pepper, Culrage. The mild Arſ-ſmart is called dead Arſ-ſmart, Porcicaria, or Peach-wort, becauſe the Leaves are ſo like the Leaves of a Peach-tree: it is alſo called Plumbago.

Deſcription of the mild. *This hath broad Leaves ſet at the great red joynts of the ſtalks, with ſemi-circular blackiſh marks on them uſually, yet ſometimes without. The Flowers grow in long ſpikes uſually, either bluſh or whitiſh with ſuch like ſeed following. The Root is long, with many ſtrings thereat, periſhing yearly: this hath no ſharp taſt (as another ſort hath, which is quick and biting) but rather ſour like Sorrel, or elſe a little drying, or without taſt.*

Place. It grows in watry Plaſhes, Ditches, and the like, which for the moſt part are dry in Summer.

Time. It flowreth in *June*, and the Seed is ripe in *Auguſt*.

Government and Vertues. As the Vertue of both theſe is various, ſo are alſo their Government: for that which is hot and biting, is under the Dominion of *Mars*, but *Saturn* challengeth the other, as appears by that Leaden colour'd ſpot he hath placed upon the Leaf.

It is of a cooling and drying quality, and very effectual for putrified Ulcers in man or beaſt, to kill Worms, and cleanſe the putrified places. The Juyce thereof dropped in, or otherwiſe applied, conſumeth all cold Swellings, and diſſolveth the congealed blood of bruiſes by ſtrokes, falls, &c. A piece of the Root, or ſome of the Seed bruiſed, and held to an aking tooth, taketh away the pain. The Leaves bruiſed, and laid to the Joynt that hath a Felon thereon, taketh it away. The Juyce de-

Ulcers, cold Swellings, Bruiſes, congealed Blood, Toothach, Felons, or Andicoms,

 ſtroyeth

Worms in the Ears, Fleas, tyred Horses, Impostums, Inflamations, Wounds.

stroyeth Worms in the Ears being dropped into them: if the hot Arsmart be strewed in a Chamber, it will soon kill all the Fleas; and the Herb or Juyce of the cold Arsmart put to a Horse or other Cattels Sores, will drive away the Flie in the hottest time of Summer: a good handful of the hot biting Arsmart put under a Horses Saddle, will make him travel the better, although he were half tired before. The mild Arsmart is good against hot Impostlumes and Inflamations at the beginning, and to heal green Wounds.

All Authors chop the Vertues of both sorts of Arsmart together, as men chop herbs for the Pot, when both of them are of clean contrary qualities. The hot Arsmart groweth not so high, or tall, as the mild doth, but hath many leaves of the colour of Peach-leaves, very seldom or never spotted; in other particulars it is like the former, but may easily be known from it, if you will be but pleased to break a leafe of it cross your tongue, for the hot will make your tongue to smart, so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far broader leaves: and our Colledg of Physitians out of their learned care for the publick good, *Anglice* their own gain, mistake the one for the other in their *New Master-piece*, wherby they discover, 1 Their Ignorance, 2 Their Carelesness, and he that hath but half an eye, may see their pride without a pair of Spectacles. I have done what I could to distinguish them in their Vertues, and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. *Reason*, nor his Brother Dr. *Experience*, concerning either of them both.

Asarabacca.

Descript. Asarabacca *hath many Heads rising from the Roots; from whence come many smooth Leaves, every one upon his own footstalk, which are rounder and bigger than Violet leaves, thicker also, and of a dark green shining colour on the upper side, and of a paler yellow green underneath, little or nothing dented about the edges, from among which rise small, round hollow, brown, green husks, upon short stalks about an inch long, divided at the brims into five divisions, very like the Cups or Heads of the Henbane seed, but that they are smaller: and these be all the flowers it carrieth, which are somwhat sweet, being smelled unto, and wherein when they are ripe is contained small cornered, rough seeds, very like the Kernels or stones of Grapes or Raisons. The Roots are small and whitish, spreading divers waies in the ground, and increasing into divers Heads: but not running or creeping under the ground as some other creeping Herbs do. They are somwhat sweet in smell, resembling Nardus, but more when they are dry, than green: and of a sharp, but not unpleasing taste.*

Place. It groweth frequently in Gardens.

Time. They keep their Leaves green all Winter, but shoot forth new in the Spring, and with them come forth those Heads or Flowers which give ripe seed about Midsummer, or somwhat after.

Govern-

Government and Vertues. 'Tis a Plant under the Dominion of *Mars* and therefore inimical to Nature. This herb being drunk, not only provoketh Vomiting, but purgeth downward, and by Urin alſo, purgeth both Choler and Flegm: if you add to it ſome Spicknard, with the Whey of Goats-milk, or honyed Water, it is made more ſtrong, but it purgeth Flegm more manifeſtly than Choler, and therefore doth much help pains in the Hips and other parts. It being boyled in Whey, wonderfully helpeth the Obſtructions of the Liver and Spleen, and therefore profitable for the Dropſie and Jaundice being ſteeped in Wine and drunk. It helps thoſe continual Agues that come by the plenty of ſtubborn humors: an Oyl made thereof by ſetting in the Sun, with ſome Laudanum added to it, provoketh Sweating (the ridg of the back being anointed therewith) and thereby driveth away the ſhaking fits of the Agues. It will not abide any long boyling, for it loſeth its chiefeſt ſtrength thereby; nor much beating, for the finer Pouder doth provoke Vomits and Urin, and the courſer purgeth downwards.

Causeth Vomiting, Choler, Flegm, urin, Obſtructions of the Liver and Spleen, Dropſie, Jaundice, Agues.

The common uſe hereof, is to take the Juyce of five or ſeven Leaves in a little drink to cauſe Vomitings: the Roots have alſo the ſame Vertue, though they do not operate ſo forcibly: yet they are very effectual againſt the biting of Serpents, and therefore are put as an Ingredient both into Methridate and Venice Treacle. The Leaves and Roots being boyled in Lie, and the head often waſhed therewith while it is warm, comforteth the head and brain that is ill affected by taking cold, and helpe h the Memory.

Serpents, Head, Memory.

I ſhall deſire ignorant people to forbear the uſe of the Leaves; the Roots purge more gently, and may prove beneficial in ſuch as have Cancers, or old putrified Ulcers, or Fiſtulaes upon their bodies, to take a dram of them in Pouder in a quarter of a pint of white Wine in the morning. The truth is, I fancy purging and vomiting Medicines as little as any man breathing doth, for they weaken Nature, nor ſhall never adviſe them to be uſed unleſs upon urgent neceſſity. If a Phyſitian be Natures Servant, it is his duty to ſtrengthen his Miſtris as much as he can, and weaken her as little as may be.

Aſparagus, Sparagus, *or* Sperage.

Deſcript. *I Triſeth up at firſt with divers white green ſcaly Heads, very brittle or eaſie to break while they are young, which afterwards riſe up in very long and ſlender green ſtalks, of the bigneſs of an ordinary riding wand, at the bottom of moſt, or bigger, or leſſer, as the Roots are of growth: on which are ſet divers branches of green Leaves, ſhorter and ſmaller than Fennel to the top: at the joynts whereof come forth ſmall moſſie yellowiſh flowers, which turn into round Berries, green at the firſt, and of an excellent red colour when they are ripe, ſhewing like heads of Coral, wherein are contained exceeding hard black Seeds. The Roots are diſperſed from a ſpongeous head into many long, thick, and round ſtrings, whereby it ſucketh much nouriſhment out of the ground, and encreaſeth plentifully thereby.*

Prickly Aſparagus, Sparagus, *or* Sperage.

Deſcript. IT *groweth uſually in Gardens, and ſome of it grows wild in* Apleton *Meadow in* Gloceſter-ſhire, *where the poor people do gather the Buds or young Shoots, and ſell them cheaper than our Garden* Aſparagus *is ſold at* London.

Time. They do for the moſt part flower, and bear their Berries late in the year, or not at all, although they are houſed in Winter.

Government and Vertues. They are both under the Dominion of *Jupiter.* The young Buds or Branches boyled in ones ordinary Broth, maketh the Belly ſoluble and open, and boyled in white Wine, provoketh Urin being ſtopped, and is good againſt the Strangury or difficulty of making water, it expelleth the Gravel and Stone out of the Kidnies, and helpeth pains in the Reins. And boyled in white Wine or Vinegar, it is prevalent for them that have their Arteries looſned, or are troubled with the Hip-Gout, or Sciatica. The Decoction of the Roots boyled in Wine and taken, is good to clear the ſight, and being held in the Mouth eaſeth the Toothach: and being taken faſting ſeveral mornings together, ſtirreth up bodily Luſt in man or woman (whatſoever ſome have written to the contrary) The Garden Aſparagus nouriſheth more than the wild, yet hath it the ſame effects in all the aforementioned Diſeaſes. The Decoction of the roots in white Wine, and the Back and Belly bathed therewith, or kneeling or lying down in the ſame, or ſitting therein as a Bath, hath been found effectual againſt pains of the Reins and Bladder, pains of the Mother and Colick, and generally againſt all pains that happen to the lower parts of the body, and no leſs effectual againſt ſtiff and benummed Sinews, or thoſe that are ſhrunk by the Cramps and Convulſions, and helpeth the Sciatica.

Belly, Stranguy, Dyſury, Gout, Sciatica, Eyes, Tooth-ach.

Reins, Bladder, Mother, Cramp, Colick, Convulſion.

Aſh-tree.

THis is ſo well known, that time will be miſ-ſpent in writing a Deſcription of it; and therefore I ſhall only inſiſt upon the Vertues of it.

Government and Vertues. It is governed by the *Sun*, and the young tender tops with the Leaves taken inwardly, and ſome of them outwardly applied, are ſingular good againſt the biting of the Viper, Adder, or any other venemous beaſt: and the water diſtilled therefrom being taken a ſmal quantity every morning faſting, is a ſingular Medicine for thoſe that are ſubject to a Dropſie, or to abate the greatneſs of thoſe who are too groſs or fat. The Decoction of the Leaves in white Wine, helpeth to break the Stone, and expel it, and cureth the Jaundice. The aſhes of the Bark of the Aſh made into Ly, and thoſe Heads bathed therewith which are leprous, ſcabby, or ſcald, they are thereby cured. The Kernels within the Husks commonly called Aſhen Keys, prevaileth againſt Stitches and pains in the ſides proceeding of wind, and voideth away the ſtone by provoking urin.

Adders and Vipers biting, Dropſie, Stone, Jaundice, Leproſie, Scabs, ſcald Heads, Stitches, Stone, Dyſury, Rickets.

I

I can juſtly except againſt none of all this, ſave only the firſt, viz. That Aſh-tree Tops and Leaves are good againſt the biting of Serpents and Vipers. I ſuppoſe this had its riſe from *Gerard* or *Pliny*, both which hold, That there is ſuch an Antipathy between an Adder and an Aſh-tree, that if an Adder be compaſſed round with Aſh-tree Leaves, ſhe will ſooner run through the fire than through the Leaves: the contrary to which is the truth, as both my eyes are witneſs. The reſt are Vertues ſomthing likely, only if it be in Winter when you cannot get the leaves, you may ſafely uſe the Bark inſtead of them. The Keys you may eaſily keep all the year, gathering them when they are ripe.

Avens, *called alſo* Clovewort, *and* Herb Benet.

Deſcript. *THis ordinary* Avens *hath many long, rough, dark green, winged, Leaves riſing from the Root, every one made of many Leaves, ſet on each ſide of the middle Rib, the largeſt three whereof grow at the end, and are ſnip'd or dented round about the edges: the other being ſmall pieces, ſometimes two, and ſometimes four, ſtanding on each ſide of the middle Rib underneath them. Among which do riſe up divers rough or hairy ſtalks about two foot high, branching forth with Leaves at every joynt, not ſo long as thoſe below, but almoſt as much cut in on the edges, ſome into three parts, ſome into more. On the tops of the branches ſtand ſmall, pale yellow Flowers, conſiſting of five Leaves, like the flowers of Cynkfoyl, but large in the middle, whereof ſtandeth a ſmall green Head, which when the flower is fallen, groweth to be rough and round, being made of many long greeniſh purple Seeds (like grains) which will ſtick upon your Cloaths. The Root conſiſts of many browniſh ſtrings or fibres, ſmelling ſomwhat like unto Cloves, eſpecially thoſe which grow in the higher, hotter, and drier grounds, and in the freer and clear Air.*

Place. They grow wild in many places under Hedg-ſides, & by the Path waies in fields: yet they rather delight to grow in ſhadowy than ſunny places

Time. They flower in *May* and *June* for the moſt part, and their Seed is ripe in *July* at the furtheſt.

Government and Vertues. It is governed by *Jupiter*, and that gives hopes of a wholſom healthful Herb. It is good for the Diſeaſes of the Cheſt or Breaſt, for pains and ſtitches in the ſides, and to expel crude and raw humors from the belly and ſtomach by the ſweet ſavor and warming quality. It diſſolveth the inward congealed blood hapning by falls or bruiſes, and the ſpitting of blood if the Roots either green or dried, be boyled in Wine & drunk, as alſo all manner of inward wounds or outward, if they be waſhed or bathed therwith. The Decoction alſo being drunk, comforteth the Heart, and ſtrengtheneth the Stomach, and a cold Brain, and therefore is good in the Spring time to open Obſtructions of the Liver, and

Breaſts, Stitches, Wind, Belly, Stomach, inward Wounds, Heart, cold Brain, Obſtructions, Colick, Fluxes, Ruptures, ſpots and marks in the Face, Plague, Poyſon, Indigeſtion.

helpeth the wind Colick: it alſo helps thoſe that have Fluxes, or are burſten, or have a Rupture: it taketh away ſpots and marks in the Face, being waſhed therewith. The Juyce of the freſh Root or Pouder of the dried Root hath the ſame effect with the Decoction. The Root in the Spring time ſteeped in Wine, doth give it a delicate ſavor and taſt, and being drunk faſting every morning comforteth the Heart, and is a good Preſervative againſt the Plague, or any other Poyſon. It helpeth Digeſtion, and warmeth a cold Stomach, and openeth Obſtructions of the Liver and Spleen.

It is very ſafe, you need have no Doſe preſcribed; and is very fit to be kept in every bodies houſe.

Balm.

THis Herb is ſo well known to be an Inhabitant almoſt in every Garden, that I ſhall not need to write any Deſcription thereof, although the Vertues thereof which are many, may not be omitted.

Government and Vertues. It is an Herb of *Jupiter*, and under *Cancer*, and ſtrengthens Nature much in all its actions. Let a Syrup made with the Juyce of it and Sugar (as you ſhall be taught at the later end of the Book) be kept in every Gentlewomans houſe, to relieve the weak Stomachs and ſick bodies of their poor ſickly Neighbors, as alſo the Herb kept dry in the houſe that ſo with other convenient Simples, you may make it into an Electuary with Honey according as the diſeaſe is, and you ſhall be taught at the later end of my Book. The *Arabian* Phyſitians have extolled the Vertues hereof to the Skies, although the *Greeks* thought it not worth mentioning. *Serapio* ſaith, It cauſeth the Mind and Heart to become merry, and reviveth the heart fainting into Swoonings, eſpecially of ſuch who are overtaken in their ſleeps, and driveth away all troubleſom cares & thoughts out of the Mind ariſing from Melancholy, or black Choler; which *Avicen* alſo confirmeth. It is very good to help digeſtion, and open Obſtructions of the Brain: and hath ſo much purging quality in it (ſaith *Avicen*) as to expel thoſe melancholy vapors from the Spirits and blood which are in the Heart and Arteries, although it cannot do ſo in other parts of the body. *Dioſcorides* ſaith, That the Leaves ſteeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy againſt the ſting of Scorpions, and the bitings of mad Dogs, and commendeth the decoction thereof for Women to bath or ſit in to procure their Courſes: it is good to waſh aking teeth therewith, and profitable for thoſe that have the bloody Flux. The Leaves alſo with a little Nitre taken in drink, are good againſt a ſurfet of Muſhroms, helps the griping pains of the Belly, and being made into an Electuary, it is good for them that cannot fetch their breath: uſed with Salt, it takes away Wens, Kernels, or hard Swellings in the fleſh or throat: it cleanſeth foul Sores, and eaſeth pains of the Gout. It is as good for the Liver and Spleen.

Mind, Heart, Faintings, Swoonings, Melancholy, Indigeſtion, Obſtruction of the Brain, Heart, Arteries, venemous Beaſts, mad Dogs, Terms provokes, Toothach, bloody Flux, Muſhroms, difficulty of Breathing, Gout, Liver, Spleen,

Spleen. A Tansie or Caudel made with Eggs, and the Juyce thereof while it is yong, putting to it some Sugar and Rose water is good for Women in Child-bed, when the After-birth is not throughly avoided, and for their Faintings upon, or after their sore Travel. The Herb bruised and boyled in a little Wine and Oyl, and laid warm on a Boyl, will ripen and break it.

Women in Child-bed, Fainting in Travel, Boyls.

Barberry.

THe Shrub is so well known to every Boy and Girl that hath but attained to the age of seven years, that it needs no Description.

Government and Vertues. *Mars* owns the Shrub, and presents it to the use of my Country-men to purge their bodies of Choler. The inner Rind of the Barberry-tree boyled in white Wine, and a quarter of a pint drunk each morning, is an excellent Remedy to clense the body of cholerick humors, and free it from such diseases as Choler causeth, such be Scabs, Itch, Tetters, Ringworms, yell. Jaundice, Boyls, &c. It is excellent for hot Agues, Burnings, Scaldings, heat of the blood, heat of the Liver, bloody Flux: for the Berries are as good as the Bark, and more pleasing, they get a man a good stomach to his Victuals, by strengthening the attractive faculty, which is under *Mars*, as you may see more at large in the later end of my *Epbemeris* for the year 1651. The hair washed with the Lie made of the ashes of the Tree and water, 'twill make it turn yellow, viz. of *Mars* his own colour. The Fruit and Rind of the Shrub, the flowers of Broom and of Heath, or Furz, cleanse the body of Choler by Sympathy, as the flowers, leaves and bark of the Peach-tree do by Antipathy: because these are under *Mars*, that under *Venus*.

Choler, Scabs, Itch, Tetters, Ring-worm, yell. Jaundice, Boyls, Agues, Burning, Scaldings, Appetite lost Hair.

Barley.

THe continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe its several kinds hereof plentifully growing, being yearly sown in this Land. The Vertues whereof take as followeth.

Government and Vertues. It is a notable Plant of *Saturn*, if you view diligently its effects by Sympathy and Antipathy, you may easily perceive a Reason of them, as also why Barley Bread is so unwholsom for Melancholy people. BARLEY in all the parts and Compositions thereof (except *Malt*) is more cooling then Wheat, and a little clensing: and all the Preparations therof, as Barley water, and other things made therof, do give great nourishment to persons troubled with Feavers, Agues, and heats in the stomach. A Pultis made of Barly meal or flour boyled in Vinegar and Honey, and a few dry Figs put into them, dissolveth all hard Impostums, and asswageth Inflamations being thereto applied. And being boyled with Melilot and Chamomil flowers, and some Linseed, Fenugreek, and

Feavers, Agues, Stomach, Apostums, Inflamations, Spleen,

Ears, Shroat, Neck, Kings Evil, Leproſie, Flux, Gout, Itch, Eyes.

Rue in Pouder, and applied warm, it eaſeth pains in the ſide and Stomach, and windineſs of the Spleen. The Meal of Baley and Fleawort boyled in Water, and made into a Pultis with Honey and Oyl of Lillies applied warm, cureth Swellings under the Ears, Throat, Neck, and ſuch like: and a Plaiſter made thereof with Tar, Wax, and Oyl, helpeth the Kings-Evil in the Throat: boyled with ſharp Vinegar into a Pultis, and laid on hot, helpeth the Leproſie: being boyled in red Wine with Pomegranate Rinds and Mirtles, ſtayeth the Lask or other Flux of the Belly: boyled with Vinegar and a Quince, it eaſeth the pains of the Gout. Barley flour, white Salt, Honey and Vinegar mingled together, taketh away the Itch ſpeedily and certainly. The Water diſtilled from the green Barley in the end of *May*, is very good for thoſe that have Defluxions of humors fallen into their Eyes, & eaſeth the pains being dropped into them: or white Bread ſteeped therein, and bound on to the Eyes, doth the ſame.

Garden Bazil, *or* Sweet Bazil.

Deſcript. *THe greater ordinary Bazil viſeth up uſually with one upright ſtalk diverſly branching forth on all ſides, with two Leaves at every joynt, which are ſomwhat broad and round, yet pointed, of a pale green colour, but freſh, a little ſnipt about the edges, and of a ſtrong heady ſcent. The Flowers are ſmall and white, ſtanding at the tops of the branches, with two ſmall Leaves at the joynts, in ſome places green, in others brown, after which come black ſeed. The Root periſheth at the approach of Winter, and therefore muſt be new ſown every year.*

Place. It only groweth in Gardens.

Time. It muſt be ſowed late, and flowers in the heat of Summer, being a very tender Plant.

Government and Vertues. This is the Herb which all Authors are together by the Ears about, and rail at one another like Lawyers. *Galen* and *Dioſcorides* hold it not fitting to be taken inwardly: and *Cryſippus* rails at it with down-right *Billings-gate Rhetorick*. *Pliny* and the Arabian Phyſitians defend it.

For mine own part I preſently found that Speech true;

Non noſtrum inter nos tantas componere lites.

And away to Dr. *Reaſon* went I, who told me it was an Herb of *Mars*, and under the *Scorpion*, and perhaps therefore called *Baſilicon*, and then no marvel if it carry a kind of virulent quality with it. Being applied to the place bitten by a venemous Beaſt, or ſtung by a Waſp or Hornet, it ſpeedily draws the poyſon to it: *Every like draws his like*. *Mizaldus* affirms, That it being laid to rot in Horſe-dung, it will breed venemous Beaſts. And *Hollerius* a French Phyſitian, affirms upon his own knowledg, That an acquaintance of his by common ſmelling to it, had a *Scorpion* bred in his Brain. Somthing is the matter this Herb and Rue will not grow together,

Venemous Beaſts, Bees, Waſps, Hornets.

gether, no, nor neer one another: And we know Rue is as great an enemy to poyſon, as any grows.

To conclude: It expelleth both Birth and After-birth: and as it helps the deficiency of *Venus* in one kind, ſo it ſpoils all her actions in another. I dare write no more of it.

The Bay-Tree.

THis is ſo well known, that it needs no Deſcription; I ſhall therefore only write the Vertues thereof, which are many.

Government and Vertues.] I ſhall but onely add a word or two to what my Friend hath written, *viz.* That it is a Tree of the *Sun*, and under the Celeſtial Sign *Leo*, and reſiſteth Witchraft very potently, as alſo all the evils old *Saturn* can do to the Body of Man, and they are not a few; for it is the ſpeech of one, and I am miſtaken if it were not *Mizaldus*, That neither Witch nor Devil, Thunder nor Lightning, will hurt a Man in the place where a Bay-tree is. *Galen* ſaith, That the Leaves, or Bark do dry and heal very much, and the Berries more than the Leaves. The Bark of the Root is leſſe ſharp and hot, but more bitter, and hath ſome aſtriction withal, whereby it is effectual to break the ſtone, and good to open obſtructions of the Liver, Spleen, and other inward parts, which bring the Dropſie, Jaundice, &c. The Berries are very effectual againſt all poyſon of venemous Creatures, and the ſtings of Waſps and Bees, as alſo againſt the Peſtilence, or other infectious Diſeaſes, and therefore is put into ſundry Treacles for that purpoſe: they likewiſe procure Womens Courſes; and ſeven of them given to a Woman in ſore Travel of Child-birth, do cauſe a ſpeedy delivery, and expel the After-birth, and therefore not to be taken by ſuch as have not gone out their time, leſt they procure Abortment, or cauſe Labor too ſoon: they wonderfully help all cold and rheumatick Diſtillations from the Brain to the Eyes, Lungs, or other parts: And being made into an Electuary with Honey, do help the Conſumption, old Coughs, Shortneſs of Breath, and thin Rheums; as alſo the Megrim: they mightily expel wind, and provoke Urin; help the Mother, and kill the Worms: the Leavs alſo work the like effects. A Bath of the Decoction of the Leaves and Berries, is ſingular good for Women to ſit in that are troubled with the Mother, or the Diſeaſes thereof, or the ſtoppings of their Courſes, or for the diſeaſes of the Bladder, pains in the bowels by wind and ſtopping of urin. A decoction likewiſe of equal parts of Bay-berries, Cummin-ſeed, Hyſop, Organum, and Euphorbium, with ſome Honey, and the Head bathed therewith, doth wonderfully help Diſtillations and Rheums, and ſetleth the Pallat of the Mouth into its place. The Oyl made of the Berries is very comfortable in all cold Griefs of the Joynts, Nerves, Arteries, Stomach, Belly, or Womb, and helpeth Palſies,

Witchcraft. Stone, Obſtructions of the Liver and Spleen, Dropſie, Poyſon, Jaundice, Bees, Waſps, Hornets, Terms provokes, Cauſes Delivery, After-birth Eyes, Lungs, Coughs, Shortneſs of breath, Megrim, Wind, Vertigo, Diſzy, Mother, Worms, Joynts,

Nerves, Arteries, Stomach, Belly, Womb, Ears, Marks in the Skin, Itch, Scabs.

ſies, Convulſions, Cramps, Aches, trembling and numneſs in any part, wearineſs alſo, and pains that come by ſore travellings: All grief and pains likewiſe proceeding from wind, either in the Head, Stomach, Back, Belly, or Womb; by anointing the parts affected therewith: And pains in the Ears are alſo cured by dropping in ſome of the Oyl, or by receiving into the Ears the warm fume of the Decoction of the Berries through a Funnel. The Oyl takes away marks of the skin and fleſh by bruiſes, falls, &c. and diſſolveth the congealed blood in them: It helpeth alſo the Itch, Scabs, and Wheals in the Skin.

Beans.

BOth the Garden and Field Beans are ſo well known, that it ſaveth me labour of writing any Deſcription of them: Their Vertues follow.

Government and Vertues.] They are Plants of *Venus*; and the diſtilled Water of the flowers of Garden Beans, is good to cleanſe the Face and Skin from ſpots and wrinkles, and the meal or flour of them, or the ſmall Bean, doth the ſame. The water diſtilled from the green Husks, is held to be very effectual againſt the ſtone, and to provoke Urin. Bean flour is uſed in Pultiſſes to aſſwage Inflamations riſing upon wounds, and the ſwelling of Womens Breaſts cauſed by the curdling of their milk, and repreſſeth their Milk: The flour of Beans and Fenugreek mixed with honey, and applied to Felons, Boyls, Bruiſes, or blue marks by blows, or the Impoſthumes in the Kernels of the Ears, helpeth them all: And with Roſe Leaves, Frankincenſe, and the white of an Egg being applied to the Eyes, helpeth them that are ſwoln, or do water, or have received any blow upon them, if uſed with Wine. If a Bean be parted in two, the skin being taken away, and laid on the place where a Leech hath been ſet that bleedeth too much, it ſtayeth the bleeding. Bean flour boyled to a Pultis with Wine and Vinegar, and ſome Oyl put thereto, ceaſeth both pain and ſwelling of the Cods, The Husks boyled in Water to a conſumption of a third part thereof, ſtayeth a Lask: and the aſhes of the Husks made up with old Hogs Greaſe, helpeth the old pains, Contuſions and wounds of the ſinews, the Sciatica, and Gout. The Field Beans have all the aforementioned Vertues as the Garden Beans.

Spots, Stone, Diſury, Inflamations, Womens Breaſts, Felons, or Andicoms, Boils, Bruſes, Ears, Eyes. Leeches, Cods ſwelled, flux, Pain, Sinews, Sciatica, Gout.

Beans eaten are extream windy meat; but if after the Dutch faſhion, when they are half boyled you husk them, and then ſtew them (I cannot tell you how, for I never was Cook in all my life) they are wholſomer Food.

French Beans.

Deſcript.] *THis French or Kidney Bean, ariſeth up at firſt but with one ſtalk: which afterwards divideth it ſelf into many arms*

or

or Branches, but alſo weak, that if they be not ſuſtained with ſticks or poles; they will lie fruitleſs upon the ground: at ſeveral places of theſe Branches grow forth long foot-ſtalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the top whereof come forth divers flowers made like unto Peaſe Bloſſoms, of the ſame colour for the moſt part that the fruit will be of, that is to ſay, white, yellow, red, blackiſh, or of a deep purple, but white is moſt uſual; after which come long and ſlender flat Cods, ſome crooked, ſome ſtraight, with a ſtring as it were running down the back thereof, wherein are contained flattiſh round fruit made to the faſhion of a Kidney: the Root is long, ſpreadeth, with many ſtrings annexed to it, and periſheth every year.

There is alſo another ſort of French Beans commonly growing with us in this Land, which is called the Scarlet flowred Bean.

This ariſeth up with ſundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the Sun, having foot-ſtalks with three Leaves on each, as on the other: The flowers alſo are in faſhion like the other, but many more ſet together, and of a moſt Orient Scarlet colour. The Beans are larger than the ordinary kind, of a deep purple colour, turning black when it is ripe and dry: The Root periſheth alſo in Winter.

Government and Vertues.] Theſe alſo belong to Dame *Venus*, and being dried and beat to powder, are as great ſtrengtheners of the Kidneys as any are, neither is there a better Remedy than it, a dram at a time taken in white Wine to prevent the ſtone, or to cleanſe the Kidneys of Gravel or ſtoppage. The ordinary French Beans are of an eaſie digeſtion, they move the Belly, provoke Urin, enlarge the Breaſt that is ſtraightned with ſhortneſs of Breath, engender Sperm, and incite to Venery.

Diſury, Shortneſs of Breath, Incite to Venery.

And the Scarlet coloured Beans, in regard of the glorious beauty of their colour, being ſet neer a Quick-ſet Hedg, will bravely adorn the ſame by climing up thereon, ſo that they may be diſcerned a great way, not without admiration of the beholder at a diſtance. But they will go neer to kill the Quick-ſets by cloathing them in Scarlet.

A gallant Shew.

Ladies Bed-ſtraw.

BEſides the common name above-written, it is called Cheeſ-Rennet, becauſe it performs the ſame office; as alſo Gallion, Pettimugget, and Maids-hair, and by ſome wild Roſemary.

Deſcription.] *This riſeth up with divers ſmall, brown, and ſquare upright ſtalks, a yard high, or more, ſometimes branched forth into divers parts, full of Joynts, and with divers very fine ſmall Leaves at every one of them, little or nothing rough at all: At the tops of the Branches grow many long tufts or branches of yellow flowers very thick ſet together, from the ſeveral Joynts which conſiſt of four Leaves apiece, which ſmell ſomewhat ſtrong, but not unpleaſant: The ſeed is ſmall and black like Poppy ſeed, two*

for

for the moſt part joyned together: The Root is reddiſh, with many ſmall thrids faſtned unto it, which take ſtrong hold of the ground, and creepeth a little: And the branches leaning a little down to the ground, take Root at the joynts thereof, whereby it is eaſily increaſed.

There is alſo another ſort of Ladies Bed-ſtraw growing frequently in England, *which beareth white flowers as the other doth yellow; but the branches of this are ſo weak, that unleſs it be ſuſtained by the Hedges, or other things neer which it groweth, it will lie down to the ground; the Leaves a little bigger than the former, and the flowers not ſo plentiful as thoſe; and the Root hereof is alſo thriddy, and abiding.*

Place.] They grow in Meadows and Paſtures both wet and dry, and by the Hedges.

Time.] They flower in *May* for the moſt part, and the ſeed is ripe in *July* and *Auguſt*.

Government and Vertues.] They are both Herbs of *Venus*, and therefore ſtrengthen the parts both internal and external which ſhe rules. The Decoction of the former of theſe being drunk, is good to fret and break the ſtone, provokes Urin, ſtayeth inward bleedings, and healeth inward Wounds: The Herb or flower bruiſed and put up into the Noſtrils, ſtayeth their bleeding likewiſe: The Flowers and Herbs being made into an Oyl, by being ſet in the Sun, and changed after it hath ſtood ten or twelve dayes; or into an Oyntment, being boyled in *Axungia* or Sallet Oyl, with ſome Wax melted therein, after it is ſtrained; either the Oyl made thereof, or the Oyntment, do help burnings with fire, or ſcaldings with water: The ſame alſo, or the Decoction of the Herb and Flower, is good to bath the feet of Travellers and Lacquies, whoſe long running, cauſeth wearineſs and ſtiffneſs in their ſinews and joynts: If the Decoction be uſed warm, and the joynts afterwards annointed with the Oyntment, it helpeth the dry ſcab, and the itch in Children: and the Herb with the white flower, is alſo very good for the Sinews, Arteries, and Joynts, to comfort and ſtrengthen them after travel, cold, and pains. To cure all Diſeaſes, read my *Riverius, Riolanus, Johnſton, Veſlingus, &c.*

Stone,
Diſury,
Bleeding,
Wounds,
Burnings,
Galled Feet,
Wearineſs,
Stiffneſs of Joynts,
Scabs, Itch.

Beets.

Deſcript.] OF Beets *there are two ſorts, which are beſt known generally, and whereof I ſhall principally treat at this time,* viz. *The* White, *and* Red Beets; *and their Vertues.*

The common White Beet *hath many great Leaves next the ground ſomewhat large, and of a whitiſh green colour: The ſtalk is great, ſtrong, and ribbed, bearing great ſtore of Leaves upon it, almoſt to the very top of it: The flowers grow in very long tufts, ſmall at the ends, and turning down their heads, which are ſmall, pale, greeniſh, yellow Burs, giving cornered prickled ſeed. The Root is great, long, and hard, and when it hath given ſeed, is of no uſe at all.*

The Common Red Beet *differeth not from the white, but only it is leſſer, and the Leaves and the Roots are ſomewhat red: The Leaves are differently red, in ſome only with red ſtrakes or veins, ſome of a freſh red, and others of a dark red. The Root hereof is red, ſpungy, and not uſed to be eaten.*

Government and Vertues.] The Government of theſe two ſorts of Beets are far different; the red Beet being under *Saturn*, and the white under *Jupiter*; therefore take the Vertues of them apart, each by himſelf. The white Beet doth much looſen the Belly, and is of a cleanſing digeſting quality; and provoketh Urin: The Juyce of it openeth obſtructions both of the Liver and Spleen, and is good for the Head-ach and ſwimmings therein, and turnings of the Brain; and is effectual alſo againſt all venemous Creatures: and applied upon the Temples, ſtayeth Inflamations in the Eyes; it helpeth burnings, being uſed without Oyl, and with a little Allum put to it, it is good for St. *Anthonies* fire. It is alſo good for all Wheals, Puſhes, Bliſters, and Blains in the Skin: The herb boyled and laid upon Chilblains or Kibes, helpeth them: The Decoction thereof in Water and ſome Vinegar, healeth the Itch, if bathed therewith, and cleanſeth the Head of Dandriff, Scurf, and dry Scabs, and doth much good for fretting and running Sores, Ulcers, and Cankers in the Head, Legs, or other parts, and is much commended againſt Baldneſs and ſhedding of Hair.

Cleanſe, digeſt, Diſury, obſtructions of the Liver and Spleen, Vertigo, Venemous beaſts, burnings, St. Anthonies *fire, Wheals, Bliſters, Chilblains, Kibes, Itch, Dandriff, Scabs, Ulcers, Canker, Baldneſs.*

The red Beet is good to ſtay the bloody flux, womens Courſes, and the Whites, and to help the yellow Jaundice. The juyce of the Root put into the Noſtrils, purgeth the Head, helpeth the noiſe in the Ears, and the Tooth-ach; the Juyce ſnuffed up the Noſe, helps a ſtinking breath, if the cauſe lies in the Noſe, as many times it doth, if any bruiſe have been there, as alſo want of ſmell coming that way. To cure all Diſeaſes, read my *Riverius*, &c.

Flux, Terms ſtops, whites, ſtinking breath, noiſe in the Ears, Swell loſt.

Water-Betony.

CAlled alſo *Broom-Wort*, and in *York-ſhire*, *Biſhops Leaves.*

Deſcript. *Firſt of the* Water-Betony, *which riſeth up with ſquare, hard, greeniſh ſtalks, ſometimes brown, ſet with broad, dark green Leaves, dented about the edges with notches, ſomewhat reſembling the Leaves of the Wood-Betony, but much larger, two for the moſt part ſet at a joynt. The Flowers are many, ſet at the tops of the ſtalks and branches, being round bellied, and open at the brims, and divided into two parts, the uppermoſt being like a hood, and the loweſt like a lip hanging down, of a dark red colour, which paſſing away, there comes in their places ſmall round heads, with ſmall points in the ends, wherein lie ſmall and browniſh ſeeds: The Root is a thick buſh of ſtrings and threds growing from the Head.*

Place.

Place.] It groweth by Ditch-ſides, Brooks, and other Water-courſes generally through this Land, and is ſeldom found far from the Waters ſides.

Time.] It flowreth about *July*, and the ſeed is ripe in *Auguſt*.

Government and Vertues.] Water-Betony is an Herb of *Jupiter* in *Cancer*, and is appropriated more to Wounds and Hurts in the Breaſt than Wood-Betony which follows. It is an excellent Remedy for ſick Hogs. It is of a cleanſing quality; the Leaves bruiſed and applied, are effectual for all cold and filthy Ulcers; and eſpecially if the Juyce of the Leaves be boyled with a little Honey, and then dipped therein, and the Sores dreſſed therewith: as alſo for Bruiſes or Hurts whether inward or outward. The diſtilled Water of the Leaves is uſed for the ſame purpoſes: as alſo to bathe the Face or Hands ſpotted or blemiſhed, or diſcoloured by Sun-burning.

Ulcers, *Bruiſes,* *Sun-burning.*

I confeſs I do not much fancy diſtilled Waters, I mean ſuch Waters as are diſtilled cold; ſome Vertue of the Herb they may happily have (it were a ſtrange thing elſe) but this I am confident of, that being diſtilled in a Pewter Still, as the vulgar and apiſh faſhion is, both Chymical Oyl and Salt is left behind, unleſs you burn them, and then all is ſpoiled, Water and all, which was good for as little as can be by ſuch a Diſtillation. You have the beſt way of Diſtillation in my *Tranſlation of the London Diſpenſatory*. The Colledg of Phyſitians having as much skill in Diſtillations as an Aſs hath in reading Hebrew.

Wood-Betony.

Deſcript.] *Common or Wood-Betony hath many Leaves riſing from the Root, which are ſomwhat broad and round at the end, roundly dented about the edges, ſtanding upon long Foot-ſtalks, from among which riſe up ſmall, ſquare, ſlender, but yet upright hairy ſtalks with ſome Leaves thereon, two apiece at the Joynts, ſmaller than the lower, whereon are ſet ſeveral ſpiked Heads of flowers like Lavender, but thicker and ſhorter for the moſt part, and of a reddiſh or purple colour, ſpotted with white ſpots both in the upper and lower part. The Seeds being contained within the Husks that hold the flowers, are blackiſh, ſomwhat long and uneven. The Roots are many white thriddy ſtrings; the ſtalk periſheth, but the Roots with ſome Leaves thereon, abide all the Winter. The whole Plant is ſomwhat ſmall.*

Place.] It groweth frequently in Woods, and delighteth in ſhady places.

Time.] And it flowreth in *July*, after which the Seed is quickly ripe, yet in its prime in *May*.

Government and Vertues.] The Herb is appropriated to the Planet *Jupiter*, and the Sign *Aries*. *Antonius Muſa*, Phyſitian to the Emperor *Auguſtus Cæſar*, wrote a peculiar Book of the Vertues of this Herb; and amongſt other Vertues, ſaith of it, That it preſerveth the Liver and Bodies

Epidemical Diſeaſes, Witchcraft, Appetite, Indigeſtion, Sto-

dies of men from the danger of Epidemical Diſeaſes, and from Witchcrafts alſo: It is found by daily experience to be good for many Diſeaſes; It helpeth thoſe that loath, or cannot digeſt their meat, thoſe that have weak ſtomachs, or ſour belchings, or continual riſing in their ſtomach, uſing it familiarly either green or dry; either the Herb, or Root, or the flowers in Broth drunk, or Meat, or made into Conſerve, Syrup, Water, Electuary, or Powder, as every one may beſt frame themſelves unto, or as the time or ſeaſon requireth, taken any of the aforeſaid wayes, it helpeth the Jaundice, Falling-ſickneſs, the Palſie, Convulſions, or ſhrinking of the Sinews, the Gout, and thoſe that are inclined to Dropſies, thoſe that have continual Pains in their Head, although it turn to Phrenſie. The Powder mixed with pure Honey is no leſs available for all ſorts of Coughs or Colds. Wheeſing, or ſhortneſs of Breath, Diſtillations of thin Rhewm upon the Lungs, which cauſeth Conſumptions. The Decoction made with Mead and a little Peny-royal, is good for thoſe that are troubled with putrid Agues, whether Quotidian, Tertian, or Quartan, and to draw down and evacuate the blood and humours that by falling into the Eyes, doth hinder the ſight: The Decoction thereof made in Wine, and taken, killeth the Worms in the Belly, openeth obſtructions both of the Spleen and Liver, cureth ſtitches and pains in the back, or ſides, the torments and griping pains of the bowels, and the wind Chollick: and mixed with Honey purgeth the belly, helpeth to bring down Womens Courſes, and is of eſpecial uſe for thoſe that are troubled with the falling down of the Mother, and pains thereof, and cauſeth an eaſie and ſpeedy delivery of Women in Child-birth: it helpeth alſo to break and expel the ſtone either in the Bladder or Kidneys. The Decoction with Wine, gargled in the Mouth, eaſeth the Tooth-ach. It is commended againſt the ſtinging or biting of Venemous Serpents or Mad-Dogs, being uſed inwardly, and applied outwardly to the place. A dram of the Powder of Betony, taken with a little Honey in ſome Vinegar, doth wonderfully refreſh thoſe that are over-wearied by Travel; it ſtayeth bleeding at the Mouth or Noſe, and helpeth thoſe that piſs or ſpit blood, and thoſe that are burſten or have a Rupture, and is good for ſuch as are bruiſed by any fall, or otherwiſe. The green Herb bruiſed, or the Juyce applied to any inward hurt, or outward green Wound in the Head or Body, will quickly heal and cloſe it up; as alſo any Veins or Sinews that are cut; and will draw forth any broken Bone, or Splinter, Thorn, or other thing gotten into the fleſh: It is no leſs profitable for old ſores, or filthy Ulcers, yea, though they be fiſtulous and hollow, but ſome do adviſe to put a little ſalt to this purpoſe: Being

mach, Belching, Jaundice, Falling-ſickneſs, Palſie, Convulſion, Shrinking of the Sinews, Gout, Dropſie, Frenſie, Cough, Cold, Shortneſs of breath, Agues of all ſorts, Sore Eyes, Worms, Obſtructions of the Liver and Spleen, Stitches Pains in the Back and Belly, Terms provokes, Mother, Child-birth, Stone, Toothach, Venemous Beaſts, Mad-Dogs, Wearineſs, Bleeding at Mouth & Noſe, Piſſing, & Spitting of Blood, Ruptures, Bruiſes, Wounds, Veins and Sinews cut, ulcers, Fiſtulaes, Boyls, Ears,

applied

applied with a little Hogs Lard, it helpeth a Plague-ſore, and other Boyls and Puſhes: The fumes of the Decoction while it is warm, received by a funnel into the Ears, eaſeth the pains of them, deſtroyeth the worms, and cureth the running ſores in them: The Juyce dropped into them, doth the ſame. The Root of Betony is diſpleaſing both to the taſt and ſtomach, whereas the Leaves and Flowers by their ſweet and ſpicy taſt, are comfortable both in Meat and Medicine.

Theſe are ſome of the many Vertues *Antony Muſa* an expert Phyſitian, (for it was not the practice of *Octavius Cæſar* to keep Fools about him) appropriates to Betony; It is a very precious Herb, that's certain, and moſt fitting to be kept in a mans houſe both in Syrup, Conſerve, Oyl, Oyntment, and Plaiſter. The Flowers are uſually conſerved.

The Beech-Tree.

IN treating of this Tree, you muſt underſtand that I mean the great Maſt Beech; which is by way of diſtinction from that other ſmall rough ſort, called in *Suſſex*, the ſmall Beech; but in *Eſſex*, Hornbeam.

I ſuppoſe it needleſs to deſcribe it, being already ſo well known to my Country men.

Place.] It groweth in Woods amongſt Oaks and other Trees, and in Parks, Forreſts, and Chaſes, to feed Deer; and in other places to fatten Swine.

Time.] It bloometh in the end of *April*, or beginning of *May* for the moſt part, and the fruit is ripe in *September*.

Government and Vertues.] It is a Plant of *Saturn*, and therefore performes his qualities and properties in theſe operations: The Leaves of the Beech-Tree are cooling and binding, and therefore good to be applied to hot ſwellings to diſcuſs them: The Nuts do much nouriſh ſuch beaſts that feed thereon. The Water that is found in the hollow places of decaying Beeches, will cure both Man and Beaſt of any Scurf, Scab, or running Tetters, if they be waſhed therewith. You may boyl the Leaves into a Pultis, or make an Oyntment of them, when time of year ſerves.

Cools,
Binds,
Hot ſwellings,
Scurf,
Scabs,
Tetters.

Bilberries; *called alſo by ſome*, Whorts, *and* Whortle Berries.

Deſcription. OF *theſe, I ſhall only ſpeak of two ſorts, which are commonly known in* England, viz. *The* Black, *and* Red Bilberries. *And firſt of the* Black.

This ſmall Buſh creepeth along upon the ground, ſcarce riſing half a yard high, with divers ſmall dark green Leaves ſet on the green branches, not alwayes one againſt another, and a little dented about the edges: At the Foot of the Leaves come forth ſmall, hollow, pale, bluſh coloured flowers, the brims ending in five points, with a reddiſh thred in the middle; which paſs into ſmall round berries of the bigneſs and colour of Juniper berries, but of a purple ſweetiſh ſharp taſt; the Juyce of them giveth a purpliſh colour

to their hands and lips that eat and handle them, eſpecially if they break them. The Root groweth aſlope under ground, ſhooting forth in ſundry places as it creepeth: This loſeth its Leaves in Winter.

The Red Bilberry, *or* Whortle-buſh, *riſeth up like the former having ſundry harder Leaves, like the* Box-tree Leaves, *green and round pointed, ſtanding on the ſeveral branches, at the tops whereof onely, and not from the ſides, as in the former, come forth divers round flowers, of a pale red colour, after which ſucceed round, reddiſh, ſappy Berries, when they are ripe, of a ſharp taſt. The Root runneth in the ground, as in the former, but the Leaves of this abide all the Winter.*

Place.] The firſt groweth in Forreſts, on the Heaths, and ſuch like barren places: The Red grows in the North parts of this Land, as *Lancaſhire, Yorkſhire, &c.*

Time.] They flower in *March* and *April*, and the Fruit of the black is ripe in *June* and *July*.

Government and Vertues.] They are under the Dominion of *Jupiter*. It is pity they are uſed no more in Phyſick than they are. The black Bilberries are good in hot Agues, and to cool the heat of the Liver and ſtomach: they do ſomewhat bind the Belly, and ſtay Vomitings and Loathings: The Juyce of the Berries made into a ſyrup, or the Pulp made into a Conſerve with Sugar, is good for the purpoſes aforeſaid, as alſo for an old Cough, or an Ulcer in the Lungs, or other Diſeaſes therein. The *red whoorts* are more binding, and ſtop Womens Courſes, Spitting of Blood, or any other Flux of blood or Humours, being uſed as well outwardly as inwardly.

Agues, Stomach, Liver, Vomiting, Appetite loſt, Coughs, Phtiſick, Fluxes.

Biſoyl, *or* Twayblade.

Deſcript.] *THis ſmall Herb from a Root ſomewhat ſweet, ſhooting downwards many long ſtrings, riſeth up a round green ſtalk, bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as alſo from the middle upward to the flowers, having onely two broad Plantane like Leaves (but whiter) ſet at the middle of the ſtalk one againſt another, and compaſſeth it round at the bottom of them.*

Place.] It is an uſual Inhabitant in Woods, Copſes, and in many other places in this Land.

There is another ſort grows in wet grounds and Marſhes, which is ſomewhat differing from the former: It is a ſmaller Plant, and greener, having ſometimes three Leaves; the ſpike of flowers is leſs than the former, and the Roots of this do run or creep in the ground.

They are much and often uſed by many to good purpoſe for Wounds both green and old, and to conſolidate or knit Ruptures, and well it may, being a Plant of *Saturn*.

Wounds, Ruptures.

They that would be knowing Phyſitians, let them read theſe Books of mine, of the laſt Edition, *Riverius, Riolanus, Veſlingus, &c.*

The Birch-Tree.

Deſcript. *THis groweth a goodly tall ſtraight Tree, fraught with many Boughs and ſlender Branches bending downward; the old being covered with a diſcoloured chapped Bark, and the yonger being browner by much: The Leaves at the firſt breaking out are crumpled, and afterward like the Beech Leaves, but ſmaller and greener, and dented about the edges. It beareth ſmall ſhort Catkins, ſomewhat like thoſe of the Hazel Nut-tree, which abide on the branches a long time, until growing ripe, they fall on the ground, and their ſeed with them.*

Place.] It uſually groweth in Woods.

Government and Vertues.] It is a Tree of *Venus*. The Juyce of the Leaves while they are young, or the diſtilled water of them, or the water that comes out of the Tree, being bored with an Augur, and diſtilled afterwards: any of theſe being drunk for ſome time together, is available to break the ſtone in the Kidneys and Bladder, and is good alſo to waſh ſore mouths.

Stone, Sore Mouths.

Birds-Foot.

THis ſmall Herb groweth not above a ſpan high, with many Branches ſpread upon the ground, ſet with many wings of ſmall Leaves: The flowers grow upon the Branches, many ſmall ones of a pale yellow colour, being ſet a head together, which afterwards turn into ſo ſmall joynted Cods, well reſembling the claws of ſmall Birds, whence it took its name.

There is another ſort of *Birds-foot* in all things like the former, but a little larger: the flowers of a pale whitiſh red colour, and the Cods diſtinct by joynts like the other, but a little more crooked, and the Roots do carry many ſmall white knots or kernels amongſt the ſtrings.

Place.] Theſe grow on Heaths, and many open untilled places of this land.

Time.] They flower and ſeed in the end of Summer.

Government and Vertues.] They belong to *Saturn*, and are of a drying, binding quality, and thereby very good to be uſed in Wound-drinks, as alſo to apply outwardly for the ſame purpoſe. But the later *Birds-foot* is found by experience to break the ſtones in the Back or Kidneys, and drive them forth, if the Decoction thereof be taken; and it wonderfully helpeth the Rupture, being taken inwardly, and outwardly applied to the place.

Dry, Bind, Wounds, Stone, Ruptures.

All Salts have beſt operation upon the ſtone, as Oyntments and Plaiſters have upon Wounds: and therefore you may make a Salt of this for the ſtone; the way how to do ſo, may be found in my Tranſlation of the *London Diſpenſatory*, and it may be I may give you again in plainer terms, at the later end of this Book.

Biſhops-weed.

BEſides the common name *Biſhops-weed*; it's uſually known by the Greek name, *Ammi*, and *Ammios*; ſome call it *Æthiopian Cummin-ſeed*, and others

thers *Cummin-royal*; as alſo *Herb-William*, and *Bulwort*.

Deſcript.] *Common* Biſhops-weed *riſeth up with a round ſtraight ſtalk, ſometimes as high as a man, but uſually three or four foot high, beſet with divers ſmall, long and ſomewhat broad Leaves, cut in ſome places, and dented about the edges, growing one againſt another, of a dark green colour, having ſundry branches on them, and at the top ſmall umbles, of white flowers, which turn into ſmall brown ſeed, little bigger than* Parſly ſeed, *of a quick hot ſcent and taſt: The Root is white and ſtringy, periſhing yearly after it hath ſeeded and uſually riſeth again of its own ſowing.*

Place.] It groweth wild in many places in *England* and *Wales*, as between *Greenheath* and *Graveſend*.

Government and Vertues. It is hot and dry in the third degree, of a bitter taſt, and ſomething ſharp withal, it provokes Luſt to purpoſe: I ſuppoſe *Venus* owns it It digeſteth Humours, provoketh Urin and Womens Courſes, diſſolveth Wind: and being taken in Wine, eaſeth pains and griping in the Bowels, and is good againſt the biting of Serpents: It is uſed to good effect in thoſe Medicines which are given to hinder the poyſonful operation of *Cantharides* upon the paſſage of the Urin: being mixed with honey, and applied to black and blew marks, coming of blows or bruiſes, it takes them away: and being drunk, or outwardly applied, it abateth an high colour, and makes it pale: and the Fumes thereof taken with Roſin or Raiſons, cleanſeth the Mother.

Diſury, Terms provokes, Wind Chollick, Venemous Beaſts, Cantharides, Black and blew ſpots, high colour, Mother.

Biſtort, *or* Snake-weed.

IT is called *Snake-weed, Engliſh Serpentary, Dragon-wort, Oyſterich*, and *Paſſions*.

Deſcription. *This hath a thick, ſhort, knobbed Root, blackiſh without, and ſomewhat reddiſh within, a little crooked or turned together, of an harſh aſtringent taſt, with divers black threds hanging there, from whence ſpring up every year divers Leaves, ſtanding upon long footſtalks, being ſomewhat broad and long like a Dock-Leaf, and a little pointed at the ends, but that it is of a blewiſh green colour on the upper ſide, and of an Aſh colour gray, and a little purpliſh underneath, with divers Veins therein; from among which riſe up divers ſmall and ſlender ſtalks, two foot high, and almoſt naked, and without Leaves, or with very few, and narrow, bearing a ſpiky buſh of pale fleſh colour'd flowers, which being paſt, there abideth ſmall ſeed, ſomewhat like unto* Sorrel-ſeed, *but greater.*

There are other ſorts of Biſtort, *growing in this Land, but ſmaller, both in height, root, and ſtalks, and eſpecially in the Leaves. The Root blackiſh without, and ſomewhat whitiſh within, of an auſtere binding taſt, as the former.*

Place. They grow in ſhadowy moiſt Woods, and at the foot of the Hills, but are chiefly nouriſhed up in Gardens. The narrow leaved Biſtort groweth in the North, in *Lancaſhire*, *Yorkſhire*, and *Cumberland*.

Time. They flower about the end of *May*, and the ſeed is ripe about the beginning of *July*.

Government and Vertues.] It belongs to *Saturn*, and is in operation cold and dry. Both the Leaves and Roots have a powerful faculty to reſiſt all poyſon: The Root in powder taken in drink, expelleth the Venom of the Plague, the Small Pox, Meaſles, Purples, or any other infectious Diſeaſe, driving it out by ſwearing: The Root in powder, the Decoction thereof in Wine being drunk, ſtayeth all manner of inward bleedings or ſpittings of Blood, and any fluxes in the Body of either Man or Woman, or Vomiting. It is alſo very available againſt Ruptures, or Burſtings, or all Bruiſes of Falls, diſſolving the congealed blood, and eaſeth the pains that happen thereupon, it alſo helpeth the Jaundice. The water diſtilled from both Leaves and Roots, is a ſingular Remedy to waſh any place bitten or ſtung by any Venemous Creature; as alſo for any of the purpoſes before ſpoken of. And is very good to waſh any running ſores or Ulcers. The Decoction of the Root in Wine being drunk, hindreth Abortion or Miſcarriage in Child-bearing. The Leaves alſo kill the Worms in Children, and is a great help for them that cannot keep their water, if the Juyce of Plantane be added thereto, and outward applied, much helpeth the Gonorrhea, or Running of the Reins. A dram of the Powder of the Root taken in the water thereof, wherein ſome red hot Iron or Steel hath been quenched, is alſo an admirable help thereto, ſo as the Body be firſt prepared and purged from the offenſive Humours The Leaves, Seed, or Roots are all very good in Decoctions, Drinks, or Lotions, for inward or outward wounds or other ſores. And the powder ſtrewed upon any cut or wound in a Vein, ſtayeth the immoderate bleeding thereof: The Decoction of the Roots in Water whereupon ſome Pomegranate Pills and Flowers are added, injected into the Matrix, ſtayeth the acceſs of humours to the Ulcers thereof, and bringeth it to its right place, being fallen down, and ſtayeth the immoderate flux of the Courſes. The Root hereof with Pellitory of *Spain*, and burnt Allum of each a little quantity, beaten ſmall and made into Paſt, with ſome Honey, and a little piece thereof put into an hollow tooth, or held between the Teeth, if there be not hollowneſs in them, ſtayeth the deſluction of rheum upon them, which cauſeth pains, and helps to cleanſe the Head, and avoid much offenſive water. The diſtilled water is very effectual to waſh Sores or Cankers in the Noſe or any other part, if the powder of the Root be applied thereunto afterwards. It is good alſo to faſten the Gums, and to take away the Heat and Inflamations that happen in the Jaws, Almonds of the Throat or Mouth, if the Decoction of the Leaves, Roots, or Seeds be uſed, or the Juyce of them; but the Roots are moſt effectual to all the purpoſes aforeſaid.

Poyſon, Plague, Small Pox, Meazles, Purples, Epidemical Diſeaſes, Inward Bleeding, Flux, Vomiting, Ruptures, Jaundice, Venemous Beaſts, Ulcers, Abortion, Worms, Diabetes, Running of the Reins, Wounds, Bleeding, Matrix, Terms ſtops, Tooth-ach, Head, Cankers, Gums, Inflamations, Almonds of the Ears.

For cure of all Diſeaſes, read my *Riverius*, *Veſlingus*, *Riolanus*, *Johnſton*, *Sennertus*, and *Phyſick for the Poor*.

One

One-Blade.

Deſcript. *THis ſmall Plant never beareth more than one Leaf, but onely when it riſeth up it with its ſtalk, which thereon beareth another, and ſeldom more, which are of a blewiſh green colour, broad at the bottom, and pointed with many ribs or veins like Plantane: At the top of the ſtalk grow many ſmall flowers ſtar-faſhion, ſmelling ſomething ſweet: after which come ſmall reddiſh Berries when they are ripe. The Root is ſmall, of the bigneſs of a Riſh, lying and creeping under the upper cruſt of the Earth, ſhooting forth in divers places.*

Place.] It grows in moiſt, ſhadowy, graſſie places of Woods in many places of this Realm.

Time.] It flowreth about *May*, and the Berries be ripe in *June*, and then quickly periſheth until the next year it ſpringeth from the ſame again.

Government and Vertues.] It is an Herb of the *Sun*, and therefore Cordial. Half a dram, or a dram at moſt of the Roots hereof in powder, taken in Wine and Vinegar, of each a like quantity, and the party preſently laid to ſweat, is held to be a ſovereign Remedy for thoſe that are infected with the plague, and have a ſore upon them, by expelling the poyſon, and defending the Heart and ſpirits from danger: It is alſo accounted a ſingular good Wound Herb, and therefore uſed with other Herbs in making ſuch Balms as are neceſſary for the curing of Wounds either green or old, and eſpecially if the Nerves or Sinews be hurt.

Peſtilence, Wounds, Nerves, Sinews hurt.

The Bramble, *or* Black-berry-buſh.

IT is ſo well known, that it needeth no Deſcription. The Vertues thereof are as followeth:

Government and Vertues.] It is a Plant of *Venus* in *Aries*. You ſhall have ſome Directions at the latter end of the Book for the gathering of all Herbs and Plants, *&c.* If any ask the reaſon why *Venus* is ſo prickly? Tell them, 'tis becauſe ſhe is in the houſe of *Mars*. The Buds, Leaves, and Branches while they are green, are of a good uſe in the Ulcers and putrid ſores of the Mouth and Throat, and for the Quinſie; and likewiſe to heal other freſh Wounds and Sores: but the flowers and fruit unripe are very binding, and ſo profitable for the bloody flux, Lasks, and are a fit Remedy for ſpitting of Blood. Either the Decoction or Powder of the Root being taken, is good to break or drive forth Gravel, and the ſtone in the Reins and Kidneys. The Leaves and Brambles as well green as dry, are excellent good Lotions for ſores in the Mouth or ſecret parts: The Decoction of them, and of the dried Branches, do much bind the Belly, and are good for too much flowing of Womens courſes: The berries or the flowers are a powerful Remedy againſt the poyſon of the moſt venemous Serpents, as well drunk as outwardly applied, helpeth the ſores of the Fundament, & the Piles.

Ulcers, Sores, Quinſie, Wounds, Flux, Bloody flux, Spitting Blood, Gravel, Stone, Secrets, Terms ſtop.

Poyſon, Venemous Beaſts, Fundament, Piles, Feavers, Head, Eyes, Itch, Scabby Heads.

The juyce of the Berries mixed with the juyce of Mulberries, do bind more effectually, and help fretting and eating ſores and ulcers whereſoever. The diſtilled water of the Branches, Leaves, and Flowers, or of the Fruit, is very pleaſant in taſt, and very effectual in Feavers and hot diſtempers of the Body, Head, Eyes, and other parts, and for all the purpoſes aforeſaid. The Leaves boyled in Ly, and the Head waſhed therewith, healeth the Itch, and the running ſores thereof, and maketh the Hair black. The Powder of the Leaves ſtrewed on Cankers and running Ulcers, doth wonderfully help to heal them. Some uſe to condenſate the Juyce of the Leaves, and ſome the Juyce of the Berries, to keep for their uſe all the year, for the purpoſes aforeſaid.

Blites.

Deſcript. OF *theſe there are two ſorts commonly known, viz.* White *and* Red. *The* White *hath Leaves ſomewhat like unto* Beets, *but ſmaller, rounder, and of a whitiſh green colour, every one ſtanding upon a ſmall long foot-ſtalk: the ſtalk riſeth up two or three foot high, with ſuch like Leaves thereon: the flowers grow at the top in long round tufts or cluſters, wherein are contained ſmall and round ſeed: the Root is very full of threds or ſtrings.*

The Red Blite *is in all things like the* White, *but that his Leaves and tufted heads, are exceeding red at firſt, and after turn more purpliſh.*

There are other kind of Blites *which grow wild, differing from the two former ſorts but little, only the wild are ſmaller in every part.*

Place. They grow in Gardens, and wild in many places of this Land.

Time. They ſeed in *Auguſt* and *September.*

Government and Vertues. They are all of them cooling, drying, and binding, ſerving to reſtrain the Fluxes of Blood in either man or woman, eſpecially the Red; which alſo ſtayeth the overflowing of womens Reds, as the *White Blite* ſtayeth the Whites in Women: It is an excellent ſecret, you cannot well fail in the uſe: they are all under the Dominion of *Venus.*

Reds and whites in Women.

There is one other ſort of wild *Blites*, like the other wild kinds, but having long and ſpike heads of greeniſh ſeed, ſeeming by the thick ſetting together to be all ſeed.

This ſort the Fiſhes are delighted with, and it is a good and uſual bait; for Fiſhes will bite faſt enough at them, if you have but wit enough to catch them when they bite.

Borrage, *and* Bugloſs.

THeſe are ſo well known to be Inhabitants in every Garden, that I hold it needleſs to deſcribe them.

To theſe, I may add a third ſort, which is not ſo common, nor yet ſo well known, and therefore I ſhall give you its Name and Deſcription.

It is called *Langue-de-beef*; but why they ſhould call one Herb by the Name

Name *Bugloſs*, and another by the Name *Langue-de-beef*, its to me ſome queſtion, ſeeing one ſignifies *Ox-tongue* in Greek, and the other ſignifies the ſame in French.

Deſcription. *The Leaves thereof are ſmaller than thoſe of* Bugloſs, *but much rougher; the ſtalk riſing up about a foot and half high, and is moſt commonly of a red colour, the flowers ſtand in ſcaly rough heads, being compoſed of many ſmall yellow flowers, not much unlike to thoſe of* Dandelyon, *and the ſeed flieth away in Down, as that doth: you may eaſily know the flowers by their taſt, for they are very bitter.*

Place. It groweth wild in many places of this Land, and may be plentifully found neer *London*, as between *Redriff* and *Deptford*, by the Ditch-ſides. Its Vertues are held to be the ſame with *Borrage* and *Bugloſs*, only this is ſomething hotter.

Time. They flower in *June* and *July*, and the ſeed is ripe ſhortly after.

Government and Vertues. They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great ſtrengtheners of Nature. They are very Cordial. The Leaves or Roots are to very good purpoſe uſed in Putrid and Peſtilential Feavers, to defend the Heart, and help to reſiſt and expel the poyſon, or the venom of other Creatures; the ſeed is of the like effect; and the ſeed and Leaves are good to encreaſe Milk in Womens Breaſts: The Leaves, Flowers, and Seed, all, or any of them, are good to expel Penſiveneſs and Melancholy, it helpeth to clarifie the Blood, and mitigate heat in Feavers. The Juyce made into a Syrup, prevaileth much to all the purpoſes aforeſaid, and is put with other cooling, opening, cleanſing Herbs, to open Obſtructions, and help the yellow Jaundice, and mixed with Fumitory, to cool, cleanſe, and temper the blood, thereby it helpeth the Itch, Ringworms, and Tetters, or other ſpreading Scabs or Sores. The Flowers candied, or made into a Conſerve, are helping in the former cauſes, but are chiefly uſed as a Cordial, and is good for thoſe that are weak with long ſickneſs, and to comfort the Heart and Spirits of thoſe that are in a Conſumption, or troubled with often ſwoonings, or paſſions of the Heart: The Diſtilled water is no leſs effectual to all the purpoſes aforeſaid, and helpeth the redneſs and inflamation of the eyes, being waſhed therewith: The dried Herb is never uſed, but the green; yet the aſhes thereof boyled in Mead, or honeyed water, is available againſt Inflamations and Ulcers in the Mouth or Throat, to waſh and gargle it therewith. The Roots of *Bugloſs* are effectual, being made into a licking Electuary, for the Cough, and to condenſate thin Flegm, and the Rheumatick diſtillations upon the Lungs.

Feavers, Peſtilence, Poyſon, Venemous Beaſts, Milk in Nurſes, Melancholy, Ill blood, Yellow Jaundice, Itch, Ringworms, Tetters, Scabs, Weakneſs by long Sickneſs, Conſumption, Swooning, Inflamations, ulcers, Sore Mouths and Throat, Cough, Flegm.

To cure all Diſeaſes, read my *Riverius*, *Riolanus*, *Veſlingus*, *Johnſton*, *Sennertus*, and *Phyſick for the Poor*.

Blue-Bottle.

IT is called, *Syanus*, I suppose from the colour of it; *Hurt-sickle*, because it turns the edg of the Sickles that reap the Corn; *Blew-blow*, *Corn-flower*, and *Blue-bottle*.

Description. *I shall onely describe that which is commoneſt, and in my opinion moſt uſeful: Its Leaves ſpread upon the ground, being of a whitiſh green colour, ſomewhat cut on the edges like thoſe of Corn Scabious, amongſt which riſeth up a ſtalk divided into divers branches, beſet with long Leaves of a greeniſh colour, either but very little indented, or not at all: The flowers are of a blue colour, from whence it took its name, conſiſting of an innumerable company of ſmall flowers, ſet in a ſcaly head, not much unlike thoſe of* Knapweed: *The ſeed is ſmooth, bright, and ſhining, wrapped up in a woolly mantle: The Root periſheth every year.*

Place.] They grow in Corn-fields, amongſt all ſorts of Corn, Peaſe, Beans, and Tares excepted; if you pleaſe to take them up from thence, and tranſplant them in your Garden, eſpecially toward the full Moon, they will grow more double than they are, and many times change colour.

Time.] They flower from the beginning of *May*, to the end of Harveſt.

Government and Vertues.] As they are naturally cold, dry, and binding, ſo are they under the Dominion of *Saturn*. The Powder or dried Leaves of the *Blue-bottle* or *Corn-flower*, is given with good ſucceſs to thoſe that are bruiſed by a fall, or have broken a Vein inwardly, and void much blood at the mouth: being taken in the Water of *Plantane*, *Horſtail*, or the greater *Comfry* it is a Remedy againſt the poyſon of the Scorpion, and reſiſteth all Venoms and Poyſons. The Seed or Leaves taken in Wine is very good againſt the Plague, and all infectious Diſeaſes, and is very good in Peſtilential Feavers. The Juyce put into freſh or green wounds, doth quickly ſoder up the lips of them together, and is very effectual to heal all Ulcers and Sores in the Mouth: The Juyce dropped into the Eyes, taketh away the heat and inflamation in them. The diſtilled Water of the Herb hath the ſame properties, and may be uſed for the effects aforeſaid.

Bruiſes, Broken Veins, Poyſon, Plague, Epidemical Diſeaſes, Wounds, Ulcers, Inflamations in the Eyes.

Brank-Urſine.

BEſide the common Name *Brank-Urſine*, it is alſo called *Bears-breech*, and *Acanthus*, though I think our Engliſh Names to be more proper; for the Greek word *Acantho*, ſignifies any Thiſtle whatſoever.

Deſcription. *This Thiſtle ſhooteth forth very many large, thick, ſad green ſmooth Leaves upon the ground, with a very thick and juycy middle Rib: The Leaves are parted with ſundry deep gaſhes on the edg; the Leaves remain a long time before any ſtalk appears: afterwards riſeth up a very ſtrong big ſtalk three or four foot high, and bravely deckt with flowers from the middle of the ſtalk upwards, for on the lower part of the ſtalke there is neither Branch nor Leaf; the flowers are hooded and gaping, being*

ing white in colour, and ſtanding in brownish Husks, with a ſmall long undivided Leaf, under each Leaf: they ſeldom ſeed in our Country. Its Roots are many, great and thick, blackiſh without, and whitiſh within, full of a clammiſh ſap; a piece of them, if you ſet in the Garden, and defend them from the firſt Winters cold, will grow and flouriſh.

Place.] They are only nurſed up in Gardens in *England*, where they will grow very well.

Time.] It flowreth in *June* and *July*.

Government and Vertues.] It is an excellent Plant, under the Dominion of the *Moon*: I could wiſh ſuch as are ſtudious would labour to keep it in their Gardens. The Leaves being boyled and uſed in Clyſters are excellent good to mollifie the Belly, and make the paſſages ſlippery. The Decoction drunk inwardly, is excellent good for the Bloody flux. The Leaves being bruiſed, and rather boyled and applied like a Pultis, are exceeding good to unite broken bones, and ſtrengthen Joynts that have been put out. The Decoction of either Leaves or Roots being drunk, and the decocted Leaves applied to the place, is excellent good for the Kings-Evil that is broken and runneth, for by the influence of the *Moon* it reviveth the ends of the Veins which are relaxed: there is ſcarce a better Remedy to be applied to ſuch places as are burnt with fire than this is, for it fetcheth out the fire, and heals it without a Scar. This is an excellent Remedy for ſuch as are burſten, being either taken inwardly, or applied to the place. In like manner uſed, it helps the Cramp and the Gout. It is excellent good in Hectick Feavers, and reſtores radical Moiſture to ſuch as are in Conſumptions.

Bloody Flux, Fractures, Diſlocations, Kings-Evil, Burnings, Ruptures, Cramp, Gout, Dyſury, Hectick Feaver, Radical Moiſture.

Briony, *or* Wild Vine.

IT is called Wild Vine, and Wood Vine, Tamus, our Ladies Seal. The white is called White Vine by ſome: and the black, Black Vine.

Deſcription.] *The common white Briony groweth ramping upon the Hedges, ſending forth many long, rough, very tender Branches at the beginning, with many very rough broad Leaves thereon, cut (for the moſt part) into five partitions, in form very like a Vine-leaf, but ſmaller, rougher, and of a whitiſh or hoary, green colour, ſpreading very far, ſpreading and twining with his ſmall claſpers (that come forth at the Joynts with the Leaves) very far on whatſoever ſtandeth next to it. At the ſeveral joynts alſo (eſpecially towards the top of the branches) cometh forth a long ſtalk bearing many whitiſh flowers, together in a long tuft, conſiſting of five ſmall Leaves a piece, laid open like a Star: after which come the Berries, ſeparated one from another more than a Cluſter of Grapes, green at the firſt, and very red when they are through ripe, of no good ſcent, but of a moſt loathſom taſt, provoking vomit. The Root groweth to be exceeding great, with many long Twines or Branches growing from it, of a pale whitiſh colour on the outſide, and more white within, and of a ſharp, bitter, loathſom taſt.*

Place.

Place.] It groweth on Banks, or under Hedges, through this Land: the Roots lie very deep.

Time.] It flowreth in *July* and *Auguſt*, ſome earlier, and ſome later than other.

Government and Vertues.] They are furious Martial Plants. The Roots of Briony purges the Belly with great violence, troubling the Stomach, and burning the Liver, and therefore not raſhly to be taken; but being corrected, is very profitable for the diſeaſes of the Head, as Falling-ſickneſs, Giddineſs, and Swimmings, by drawing away much Flegm and Rheumatick humors that oppreſs the Head, as alſo the Joynts and Sinews, and is therefore good for Palſies, Convulſions, Cramps, and Stitches in the ſides, and the Dropſie; and in provoking Urin, it clenſeth the Reins and Kidnies from Gravel and Stone, by opening the Obſtructions of the Spleen, and conſumeth the hardneſs and ſwellings thereof. The Decoction of the Root in Wine drunk once a week at going to bed, clenſeth the Mother, and helpeth the riſing thereof, expelleth the dead Child for fear of abortion, a dram of the Root in pouder taken in white Wine, bringeth down their Courſes. An Electuary made of the Roots and Honey, doth mightily clenſe the Cheſt of rotten flegm, and wonderfully help an old ſtrong Cough, thoſe that are troubled with ſhortneſs of breath, & is very good for them that are bruiſed inwardly, to help to expel the clotted or congealed blood. The Leaves, Fruit, & Root do clenſe old and filthy Sores, are good againſt all fretting and running Cankers, Gangrenes and Tetters, and therefore the Berries are by ſome Country people called Tetter-berries. The Root clenſeth the skin wonderfully from all black and blew Spots, Freckles, Morphew, Leproſie, foul Scars, or other deformity whatſoever: as alſo all running Scabs, and Mangineſs are healed by the pouder of the dried root, or the juyce therof, but eſpecially by the fine white hardned juyce. The diſtilled Water of the Roots worketh the ſame effects, but more weakly. The Root bruiſed and applied of it ſelf to any place where the bones are broken, helpeth to draw them forth, as alſo ſplinters and thorns in the fleſh; and being applied with a little Wine mixed therewith, it breaketh Boyls, and helpeth Whitlows on the Joynts.

Falling-ſickneſs, Vertigo, Flegm, Palſies, Convulſion, Cramp, Stitches, Dropſies, Gravel, Stone, Obſtructions, Womb, Mother, dead Child, After-birth, Cough, Shortneſs of Breath, Sores, Cankers, Gangrenes, Tetters, Ringworms, black Spots, Freckles, Morphew, Leproſie, broken Bones Splinters, Thorns, Whitlows or Nail-wheals, or Andicoms.

For all theſe later, beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you: You ſhall find in my *Tranſlation of the London Diſpenſatory*, among the Preparations at the later end, a Medicine called *Fæcula Brioniæ*, take that, and uſe it, you have the way there how to make it, and mix it with a little Hogs-greaſe, or other convenient Oyntment, and uſe it at your need.

As for the former Diſeaſes, where it muſt be taken inwardly, it purgeth very

very violently, and needs an abler hand to correct it than moſt Country-people have, therefore it is a better way for them (in my opinion) to let the Simple alone, and take the Compound Water of it, mentioned in my *Diſpenſatory*, and that is far more ſafe, being wiſely corrected.

Brooklime, *or* Water-Pimpernel.

Deſcript. *This ſendeth forth from a creeping Root that ſhooteth forth ſtrings at every joynt as it runneth, divers and ſundry green ſtalks, round and ſappy, with ſome branches on them, ſomwhat broad, round, deep, green, and thick Leaves ſet by couples thereon: from the boſom whereof ſhoot forth long Footſtalks, with ſundry ſmall blew flowers on them, that conſiſt of five ſmall round pointed Leaves apiece.*

There is another ſort nothing differing from the former, but that it is greater, and the flowers of a paler blew colour.

Place.] They grow in ſmall ſtanding Waters, and uſually near Water-creſſes.

Time.] And flowers in *June* and *July*, giving Seed the next month after.

Government and Vertues.] It is a hot and biting Martial Plant. Brooklime and Watercreſſes are generally uſed together in Diet drinks with other things, ſerving to purge the blood and body from ill humors that would deſtroy health, and are helpful for the Scurvey. They do alſo provoke Urin, and help to break the Stone, and paſs it away. They procure Womens Courſes, and expel the dead Child. Being fryed with Butter and Vinegar, and applied warm, it helpeth all manner of Tumors or Swellings, and Inflamations.

Blood, purgeth ill Humors, Scurvey, Dyſury, Stone, Terms provokes, dead Child, Swellings, Inflammations.

Such Drinks ought to be made of ſundry Herbs according to the Malady offending, I ſhall give a plain and eaſie Rule at the later end of this Book.

Butchers-Broom.

IT is called Ruſcus and Bruſcus, Knee-holm, Knee-holly, Knee-hulver, and Pettigree.

Deſcription.] *The firſt ſhoots that ſprout from the Root of Butchers-Broom are thick, whitiſh, and ſhort, ſomwhat like thoſe of Aſparagus, but greater: theſe riſing up to be a foot and an half high, are ſpread into divers branches green and ſomwhat creſted with the roundneſs, tough and flexible, whereon are ſet ſomewhat broad and almoſt round hard Leaves, and prickly pointed at the ends, of a dark green colour, two for the moſt part ſet at a place, very cloſe or near together; about the middle of the leaf on the back and lower ſide from the middle Rib, breaketh forth a ſmall whitiſh green flower conſiſting of four ſmall round pointed Leaves, ſtanding upon little or no Footſtalk, and in the place whereof cometh a ſmall round Berry, green at the firſt, and red when it is ripe, wherein are two or three white, hard, round ſeeds contained. The Root is thick, white and great at the Head, and from thence ſendeth forth divers thick, white, long, tough ſtrings.*

Place.

Place.] It groweth in Copſes, and upon Heaths and waſt Grounds, and oftentimes under or near the Holly-Buſhes.

Time.] It ſhooteth forth his young Buds in the Spring, and the Berries are ripe in or about *September*. The branches of leaves abiding green all the Winter.

Government and Vertues.] 'Tis a Plant of *Mars*, being of a gallant clenſing and opening quality. The Decoction of the Roots made with Wine, openeth Obſtructions, provoketh Urin, helpeth to expel Gravel and the Stone, the Strangury, and Womens Courſes, as alſo the yellow Jaundice, and the Headach: and with ſome Honey or Sugar put thereunto, clenſeth the Breaſt of flegm, and the Cheſt of much clammy humors gathered therein. The Decoction of the Roots drunk, and a Pultis made of the Berries and Leaves being applied, are effectual in knitting and conſolidating broken bones, or parts out of joynt. The common way of uſing it, is to boyl the Roots of it and Parſly, and Fennel, and Smallage in white Wine, and drink the decoction, adding the like quantity of Graſs-roots to them: the more of the Roots you boyl, the ſtronger will the Decoction be: it works no ill effects, yet I hope you have wit enough to give the ſtrongeſt Decoction to the ſtrongeſt bodies.

Obſtructions, Dyſury, Gravel, Stone, Strangury, Terms provokes, Yellow Jaundice, Headach, Flegm, broken Bones, Diſlocations.

Broom, *and* Broomrape.

TO ſpend time in writing a Deſcription hereof, is altogether needleſs, it being ſo generally uſed by all the good Houſwives almoſt through this Land to ſweep their Houſes with, and therefore very well known to all ſorts of people.

The Broomrape ſpringeth up on many places from the roots of the Broom (but more often in Fields, as by Hedg-ſides, and on Heaths) The Stalk whereof is of the bigneſs of a finger or thumb, above two foot high, having a ſhew of leaves on them, and many Flowers at the top, of a reddiſh yellow colour, as alſo the ſtalks and leaves are.

Place.] They grow in many places of this Land commonly, and as commonly ſpoil all the Land they grow in.

Time.] And flower in the Summer months, and give their Seed before Winter.

Government and Vertues.] The Juyce or Decoction of the young branches, or ſeed, or the pouder of the ſeed taken in drink, purgeth downwards, and draweth flegmatick and watry humors, from the Joynts, whereby it helpeth the Dropſie, Gout, Sciatica, and the pains in the Hips and Joynts. It alſo provoketh ſtrong Vomits, and helpeth the pains of the ſides, and ſwellings of the Spleen, clenſeth alſo the Reins or Kidnies and Bladder of the Stone, provoketh Urin abundantly, and hindereth the growing again of the Stone

Flegm, Joynts, Dropſie, Sides, Spleen, Bladder,

in

in the body. The continual uſe of the Pouder of the Leaves and Seed, doth cure the black Jaundice. The diſtilled Water of the Flowers is profitable for all the ſame purpoſes. It alſo helpeth Surfets, and altereth the Fits of Agues, if three or four ounces thereof, with as much of the water of the leſſer Century, and a little Sugar put therein, be taken a little before the fit cometh, & the party be laid down to ſweat in his bed. The Oyl or Water that is drawn from the ends of the green ſticks heated in the fire, helpeth the Toothach. The Juyce of the young branches made into an Oyntment of old Hogs-greaſe and anointed, or the young branches bruiſed and heated in Oyl or Hogs-greaſe, and laid to the ſides pained by wind, as in Stitches, or the Spleen, eaſeth them in once or twice uſing it. The ſame boyled in Oyl, is the ſafeſt and ſureſt Medicine to kill Lice in the Head or body of any: and is an eſpecial Remedy for Joynt-aches, and ſwollen Knees that come by the falling down of Humors.

Kidnies, Stone, Dyſury, black Jaundice, Agues, Toothach, Wine, Stitches, Lice.

The *Broomrape* alſo is not without its Vertues.

The Decoction thereof in Wine is thought to be as effectual to avoid the Stone in the Kidnies and Bladder, and to provoke urin, as the *Broom* it ſelf. The Juyce thereof is a ſingular good help to cure as well green Wounds, as old and filthy Sores, and malignant Ulcers. The inſolate Oyl wherein there hath been three or four repetitions of Infuſion of the top ſtalks with flowers ſtrained and cleared, cleanſeth the skin from all manner of ſpots, marks, and Freckles that ariſe either by the heat of the Sun, or the malignity of humors. As for the *Broom*, and *Broomrape*, *Mars* owns them, and it is exceeding prejudicial to the Liver, I ſuppoſe by reaſon of the Antipathy between *Jupiter* and *Mars*, therefore if the Liver be diſaffected, miniſter none of it.

Stone, Dyſury, green Wounds.

Bucks-horn Plantane.

Deſcript. *This being ſown of ſeed riſeth up at the firſt with ſmall, long & narrow, hairy, dark green Leaves like Graſs, without any diviſion or gaſh in them: but thoſe that follow, are gaſhed in on both ſides the Leaves into three or four gaſhes, and pointed at the ends, reſembling the knags of a Buck-horn (whereof it took the name) and being well grown round about the Root upon the ground, in order one by another, thereby reſembling the form of a Star: from among which riſe up divers hairy ſtalks, about a hand breadth high, bearing every one a ſmall long ſpiky head like to thoſe of the common Plantane having ſuch like bloomings and ſeed after them. The Root is ſingle, long and ſmall, with divers ſtrings at it.*

Place.] They grow in dry ſandy ground, as in *Tuttle-fields* by *Weſtminſter*, and divers other places of this Land.

Time.] They flower and ſeed in *May*, *June* and *July*, and their green Leaves do in manner abide freſh all the Winter.

Government and Vertues.] It is under the Dominion of *Saturn*, and is of a gallant drying and binding quality. This boyled in Wine and drunk, and

ſome

Venemous Beaſts, Stone, Stomach, Vomiting, Bleeding, Piſſing Blood, Flux, bloody Flux, Agues, Eyes.

ſome of the Leaves to the hurt place, is an excellent Remedy for the biting of the Viper or Adder, which I take to be one and the ſame. The ſame being alſo drunk, helpeth thoſe that are troubled with the ſtone in the Reins or Kidnies by cooling the heat of the part afflicted, ſtrengthening them: as alſo weak Stomachs that cannot retain but caſt up their meat. It ſtayeth all bleeding at Mouth and Noſe, bloody Urin, or the bloody Flux, and ſtoppeth the Lask of the Belly and Bowels. The leaves hereof bruiſed, and laid to their ſides that have an Ague, ſuddenly eaſeth the Fit: and the Leaves and Roots beaten with ſome Bay-Salt, and applied to the Wriſts, worketh the ſame effects. The Herb boyled in Ale or Wine, and given for ſome mornings and evenings together, ſtayeth the diſtillations of hot and ſharp Rhewms falling into the Eyes from the Head, and helpeth all ſorts of ſore Eyes.

Bucks-horn.

IT is called alſo Harts-horn, Herba-ſtella, and Herba-ſtellaria, Sanguinaria, Herb-eve, and Herb-Ivy, and Wort-creſſes and Swines-creſſes.

Deſcription. *They have many ſmall and weak ſtragling branches trailing here and there upon the ground: the Leaves are many, ſmall, and jagged, not much unlike to thoſe of Bucks-horn Plantane, but much ſmaller, and not ſo hairy. The flowers grow amongſt the Leaves in ſmall, rough, whitiſh cluſters; the ſeeds are ſmall and browniſh, of a hottiſh taſt.*

Place. They grow in dry, barren, and ſandy grounds.

Time. They flower and ſeed when the reſt of the Plantanes do.

Government and Vertues. This is alſo under the Dominion of *Saturn*, the Vertues are held to be the ſame of Bucks-horn Plantane, and therefore by all Authors, it is joyned with it: but beſides thoſe, it is moſt certainly found out, That the leaves being bruiſed, and applied to the place, ſtop bleeding, the Herb bruiſed, and applied to Warts, will make them conſume and wax away in a ſhort time.

Bleeding, Warts.

Bugle.

BEſides the name Bugle, it is called Middle-conſound, and Middle-Comfry, brown Bugle, and of ſome Sickle-wort, and Herb-carpenter, though in *Suſſex* we call another Herb by that name.

Deſcription. *This hath larger Leaves than thoſe of the Self-heal, but elſe of the ſame faſhion, or rather a little longer, in ſome green on the upper ſide, and in others more browniſh, dented about the edges, ſomewhat hairy, as the ſquare ſtalk is alſo, which riſeth up to be half a yard high ſometimes, with the leaves ſet by couples: from the middle almoſt whereof upwards ſtand the Flowers together, with many ſmaller and browner Leaves than the reſt on this ſtalk below, ſet at diſtances, and the ſtalk bare between them, among which Flowers are alſo ſmall ones of a blewiſh, and ſomtimes of an Aſh-colour, faſhioned like the flowers of the* Ground-Ivy, *after which come ſmall, round, blackiſh*

ſeed

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The White-flowered Bugle *differeth not in form or greatneſs from the former, ſaving that the Leaves and ſtalks are alwaies green, and never brown, like the other, and the flowers thereof are white.*

Place. They grow in Woods, and Copſes, and Fields generally throughout *England*: but the white-flowred Bugle is not ſo plentiful as the former.

Time. They flower from *May* until *July*, and in the mean time perfect their ſeed. The Roots and Leaves next thereunto upon the ground abiding all Winter.

Government and Vertues. This Herb is belonging to Dame *Venus*, if the Vertues of it make you in love with it (as they will if you be wiſe) keep a Syrup of it to take inwardly, and an Oyntment and Plaiſter of it to uſe outwardly alwaies by you.

The Decoctions of the Leaves and Flowers made in Wine and taken, diſſolveth the congealed blood in thoſe that are bruiſed inwardly by a fall or otherwiſe, and is very effectual for any inward Wounds, Thruſts, or Stabs into the body or bowels, and is an eſpecial help in all Wound-drinks, and for thoſe that are Liver-grown (as they call it) It is wonderful in curing all manner of Ulcers and Sores whether new and freſh, or old and inveterate, yea, Gangrenes and Fiſtulaes alſo, if the leaves bruiſed and applied, or their Juyce uſed to waſh and bathe the places. And the ſame made into a Lotion with ſome Honey and Allum, cureth all Sores of the Mouth or Gums, be they never ſo foul, or of long continuance; and worketh no leſs powerfully and effectually for ſuch Ulcers and Sores as happen in the ſecret parts of Men or Women. Being alſo taken inwardly, or outwardly applied, it helpeth thoſe that have broken any bone, or have any Member out of Joynt. An Oyntment made with the Leaves of Bugle, Scabious, and Sanicle bruiſed and boyled in Hogs-greaſe, until the Herbs be dry, and then ſtrained forth into a pot, for ſuch occaſions as ſhall require it, is ſo ſingular good for all ſorts of hurts in the body, that none that know its uſefulneſs will be without it.

Bruiſes, Falls, Wounds, Stabs, Ulcers, Liver-grown, Gangrenes, Fiſtulaes, Sores, Mouths, Gums, Sores in the Secrets, broken Bones.

The truth is, I have known this Herb cure ſome Diſeaſes of *Saturn*, of which I thought good to quote one. Many times ſuch as give themſelves much to drinking, are troubled with ſtrange Fancies, ſtrange Sights in the night time, and ſome with Voices, as alſo with the Diſeaſe *Ephialtes* or the *Mare*, I take the Reaſon of this to be (according to *Fernelius*) a melancholy Vapor made thin by exceſſive drinking ſtrong Liquor, and ſo flies up and diſturbs the Fancy, and breeds Imaginations like it ſelf, *viz.* fearful and troubleſom. Theſe I have known cured by taking only two ſpoonfuls of the Syrup of this Herb after ſupper two hours, when you go to bed. But whether this do it by Sympathy or Antipathy is ſome queſtion: all that know any thing in Aſtrology, know that there is a great Antipathy between *Saturn*

Strange Sights in the night. Mares,

and

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Place. They grow in dry, barren, and ſandy grounds.

Time. They flower and ſeed when the reſt of the Plantanes do.

Government and Vertues. This is alſo under the Dominion of *Saturn*, the Vertues are held to be the ſame of Bucks-horn Plantane, and therefore by all Authors, it is joyned with it: but beſides thoſe, it is moſt certainly found out, That the leaves being bruiſed, and applied to the place, ſtop bleeding, the Herb bruiſed, and applied to Warts, will make them conſume and wax away in a ſhort time.

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Strange Sights in the night. Mares,

and

and *Venus* in matter of Procreation, yea, such an one, that the barrenness of *Saturn* can be removed by none but *Venus*, nor the lust of *Venus* be repelled by none but *Saturn*; but I am not of opinion this is done this way, and my reason is, Because these vapours, though in quality Melancholy, yet by their flying upward, seem to be something *Aerial*; therefore I rather think it is done by sympathy, *Saturn* being exalted in *Libra* in the House of *Venus*.

Burnet.

IT is also called *Sanguisorba*, *Pimpernella*, *Bipula*, *Solbastrella*, &c. The common Garden Burnet is so well known, that it needeth no Description. There is another sort which is wild; the description whereof take as followeth.

Descript.] *The great Wild Burnet hath winged Leaves rising from the Roots like the Garden Burnet, but not so many, yet each of these Leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a grayish colour on the under side: the stalks are greater, and rise higher, with many such like Leaves set thereon, and greater heads at the tops of a brownish green colour, and out of them come small, dark, purple flowers, like the former, but greater. The Root is black and long like the other, but greater also; It hath almost neither scent nor taste therein, like the garden kind.*

Place.] The first grows frequently in Gardens. The wild kind groweth in divers Countries in this Land, especially in *Huntington* and *Northampton Shires*, in the Meadows there; as also neer *London* by *Pancras-Church*, and by a Causey-side, in the middle of a by Field by *Paddington*.

Time.) They flower about the end of *June* and beginning of *July*, and their seed is ripe in *August*.

Government and Vertues.) This is an Herb the *Sun* challengeth Dominion over, and is a most precious Herb, little inferiour to *Betony*: The continual use of it preserves the body in health, and the spirits in vigour: for if the *Sun* be the preserver of Life under God, his Herbs are the best in the World to do it by. They are accounted to be both of one property, but the lesser is more effectual, because quicker, and more Aromatical: It is a friend to the Heart, Liver, and other the principal parts of a mans Body. Two or three of the stalks with Leaves put into a Cup of Wine, especially Claret, are known to quicken the spirits, refresh and clear the Heart, and drive away Melancholy: It is a special help to defend the Heart from noysom vapours, & from infection of the Pestilence, the juyce thereof being taken in some drink, and the party laid to sweat thereupon. They have also a drying, and an astringent quality, whereby they are available in all manner of Fluxes of Blood or Humours, to stanch bleedings inward or outward, Lask, Scourings, the bloody flux, womens too abundant flux of courses, the whites, & the Cholerick Belchings and castings of the stomach; and is a singular wound Herb for all sorts of wounds both of the head and body, either inward or outward: for all old Ulcers, or running Cankers, and moist Sores, to be used either by the juyce, or De-

Heart,
Liver,
Melancholy,
Pestilence,
Epidemical Diseases,
Bleeding,
Stoppeth Terms, & whites,
Belching,
Vomiting,
Wounds,
Ulcers,
Cankers,
Sores,
Fluxes.

Decoction of the Herb, or by the Pouder of the Herb or Root, or the Water of the distilled Herb, or Ointment by it self, or with other things to be kept. The Seed is also no less effectual both to stop Fluxes, and dry up moist Sores, being taken in Pouder inwardly in Wine or steeled Water, that is, wherein hot Gads of Steel have been quenched. Or the Pouder of the Seed mixed with the Ointments.

The Butter-Bur, *or* Petasitis.

Descript.] *This riseth up in* February, *with a thick stalk about a foot high, whereon are set a few small Leaves, or rather pieces; and at the tops, a long spiked head of Flowers, of a blush or deep red colour; according to the Soil wherein it groweth: and before the stalk with the flowers have abiden a month above ground, it will be withered and gone, blown away with the wind: and the Leaves will begin to spring, which being full grown, are very large and broad, being somewhat thin and almost round, whose thick red footstalks, about a foot long, stand towards the middle of the Leaves. The lower part being divided into two round parts, close almost one to another, and are of a pale green colour, and hoary underneath. The Root is long and spreading under ground, being in some places no bigger than ones finger, in others much bigger; blackish on the outside, and whitish within, of a bitter and unpleasant taste.*

Place and Time.] They grow in low and wet Grounds by Rivers and Water-sides. Their Flowers (as is said) rising and decaying in *February* and *March*, before the Leaves, which appear in *April*.

Government and Vertues.] It is under the Dominion of the *Sun*; and therfore is a great strengthener of the Heart, and cheerer of the vital Spirits. The Roots hereof are by long Experience found to be very available against the Plague, and pestilental Feavers, by provoking Sweat: if the Pouder thereof be taken in Wine, it also resisteth the force of any other Poyson. The Root hereof taken with Zedoary and Angelica, or without them, helps the rising of the Mother. The Decoction of the Root in Wine, is singular good for those that wheeze much, or are short-winded. It provoketh Urin also; and Womens Courses, and killeth the flat and broad worms in the Belly. The Pouder of the Root doth wonderfully help to dry up the moisture of Sores that are hard to be cured, and taketh away all spots and blemishes of the skin. It were well if Gentlewomen would keep this Root preserved to help their poor Neighbors. *It is fit the Rich should help the Poor, for the Poor cannot help themselves.*

Plague, Epidemical Diseases, Poyson, Mothers wheezing, difficulty of Breathing, Disury, Terms provokes, flat and broad worms, Blemishes of the Skin.

The Bur-Dock.

They are also called Personata Bardana, and Lappa Major, great Bur; Bur-dock, and Clot-Bur: It is so well known, even to the little Boys, who pull off the Burs to throw and stick upon one anothes; that I shal spare to write any Description of it.

Place. They grow plentifully by Ditches, and Water sides, and by the High wayes, almost every where through this Land.

Government and Vertues. *Venus* challengeth this Herb for her own, and by its Leaf or Seed, you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, in case it fall out; or downwards in fits of the Mother, by applying it to the soles of the Feet: Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the Child in it. See more of it in my *Guide for Women.* The Bur Leaves are cooling, moderately drying, and discussing withall, whereby it is good for old Ulcers and Sores. A dram of the Roots taken with Pine Kernels, helpeth them that spit foul, mattery & bloody flegm: The Leaves applied on the places troubled with the shrinking of the Sinews or Arteries, give much ease. The juice of the Leaves, or rather the Roots themselves given to drink with old Wine, doth wonderfully help the bitings of any serpents: And the root beaten with a little salt, and laid on the place, suddenly easeth the pain thereof, & helpeth those that are bit with a mad Dog. The Juice of the Leaves taken with Honey, provoketh Urin, and remedieth the pain of the Bladder. The seed being drunk in Wine forty daies together, doth wonderfully help the Sciatica. The Leaves bruised with the White of an Egg, and applied to any place burnt with fire, taketh out the fire, gives sudden ease, and heals it up afterwards. The Decoction of them fomented on any fretting sore or Canker, stayeth the corroding quality, which must be afterwards anointed with an Ointment made of the same Liquor, Hogs grease, Nitre, and Vinegar, boyled together. The Roots may be preserved with sugar, and taken fasting, or at other times for the said purposes, and for Consumptions, the stone, and the lask. The seed is much commended to break the stone, and causes it to be expelled by urin, and is often used with other seeds, and things to that purpose.

Cools, *Dries,* *Ulcers,* *Sores,* *Flegm,* *Sinews,* *Arteries,* *Venemous Beasts,* *mad Dogs,* *Dissy,* *Bladder,* *Sciatica,* *Burning,* *Sores,* *Cankers,* *Consumption,* *Stone,* *Flux.*

Cabbages, *and* Coleworts.

I Shall spare a labor in writing a Description of these, sith almost every one that can but write at all, may describe them from his own knowledg, they being generally so well known, that Descriptions are altogether needless.

Place. These are generally planted in Gardens.

Time. Their flowring time is towards the middle or end of *July*, and the seed is ripe in *August*.

Government and Vertues. The Cabbages or Coleworts boyled gently in Broth, and eaten, do open the Body, but the second Decoction doth bind the Body. The juyce thereof drunk in Wine, helpeth those that are bitten by an Adder, and the Decoction of the Flowers bringeth down Womens Courses. Being taken with Honey, it recovereth Hoarsness or loss of the voyce. The often eating of them well boyled, helpeth those that are entring into a Consumption. The

Venemous Beasts, *Terms,* *provokes* *Hoarseness,*

Pulp

Pulp of the middle Ribs of Colewort boyled in Almond milk, and made up into an Electuary with Hony, being taken often, is very profitable for thoſe that are purſie and ſhort-winded. Being boyled twice, and an old Cock boyled in the Broth, and drunk, it helpeth the pains and obſtructions of the Liver and Spleen, and the ſtone in the Kidneys. The Juyce boyled with Hony, and dropped into the corner of the Eye, cleereth the ſight by conſuming any film or cloud beginning to dim it; it alſo conſumeth the Canker growing therein. They are much commended being eaten before meat to keep one from ſurfeting, as alſo from being drunk with too much Wine, or quickly make a man ſober again that is drunk before. For (as they ſay) there is ſuch an *Antipathy* or enmity between the Vine and the Colewort, that the one will die where the other groweth. The Decoction of Coleworts taketh away the pain and ach, & allayeth the ſwellings of ſwoln and gouty Legs and Knees, wherin many groſs and watry humors are fallen, the place being bathed therwith warm: It helpeth alſo old and filthy ſores being bathed therewith, & healeth all ſmall ſcabs, puſhes, and wheals that break out in the skin. The aſhes of Colewort ſtalks mixed with old Hogs greaſe, are very effectual to anoint the ſides of thoſe that have had long pains therein, or any other place pained with Melancholly and windy Humors. This was ſurely *Chryſippus* his God, and therfore he wrote a whole Volume of them and their Vertues, and that none of the leaſt neither, for he would be no ſmall Fool, he appropriates them to every part of the Body, and to every Diſeaſe in every part: And honeſt old *Cato* (they ſay) uſed no other Phyſick. I know not what Metals their Bodies were made of; this I am ſure, Cabbages are extreme windy, whether you take them as Meat, or as Medicine, yea as windy meat as can be eaten, unleſs you eat Bagpipes or Bellows, and they are but ſeldom eaten in our days, and Colewort flowers are ſomething more tolerable, and the wholſomer food of the two. The *Moon* challengeth the Dominion of the Herb.

Conſumption.
Obſtructions.
Stone.
Sight.
Canker.
Surfets.
Swellings.
Gout.
Sores.
Scabs.
Wheals.
Melancholly Wind.

The Sea Colewort.

Deſcript. *THis hath divers ſomewhat long and broad, large, thick, wrinkled Leaves, ſomewhat crumpled upon the edges, growing each upon a ſeveral thick Footſtalk very brittle, of a grayiſh green color. From among which riſeth up a ſtrong thick ſtalk two foot high, and better, with ſome Leaves thereon to the top, where it brancheth forth much; and on every Branch ſtandeth a large buſh of pale whitiſh flowers, conſiſting of four Leaves a piece: The Root is ſomewhat great; and ſhooteth forth many brambes under ground, keeping the green Leaves all the Winter.*

Place. They grow in many places upon the Sea Coaſts, as well on the *Kentiſh*, as *Eſſex* ſhores; as at *Lid* in *Kent*, *Colcheſter* in *Eſſex*, and divers other places, and in other Countries of this Land.

Time. They flower and ſeed about the time that other kinds do.

Government and Vertues. The *Moon* claims the Dominion of this alſo.

also. The Broth, or first Decoction of the Sea-Colewort, doth by the sharp, nitrous, and bitter qualities therein, open the Belly, and purge the body, it cleanseth and digesteth more powerfully than the other kind. The Seed hereof bruised and drunk, killeth Worms. The Leaves or the Juyce of them applied to Sores or Ulcers, cleanseth and healeth them, and dissolveth Swellings, and taketh away Inflamations.

Sores, wounds, Ulcers, Swellings, Inflamations.

Calamint, *or* Mountain-Mint.

Descript. *This is a small Herb, seldom rising above a foot high, with square, hoary, and woody stalks, and two small hoary Leaves set at a joynt, about the bigness of Marjoram, or not much bigger, a little dented about the edges, and of a very fierce or quick scent, as the whole Herb is. The Flowers stand at several spaces of the stalks, from the middle almost upwards, which are small and gaping like to those of Mints, and of a pale blush colour: after which follow small, round, blackish seeds. The Root is small and woody, with divers small sprigs spreading within the ground, and dieth not, but abideth many years.*

Place.] It groweth on Heaths, and upland dry grounds, in many places of this Land.

Time.] They flower in *July*, and their Seed is ripe quickly after.

Government and Vertues.] It is an Herb of *Mercury*, and a strong one too, therefore excellent good in all afflictions of the Brain. The Decoction of the Herb being drunk, bringeth down Womens Courses, and provoketh Urin. It is profitable for those that are bursten, or troubled with Convulsions or Cramps, with shortness of Breath, or Cholerick torments and pains in their Bellies or Stomachs. It also helpeth the yellow Jaundice, and stayeth Vomiting, being taken in Wine: taken with Salt and Honey, it killeth all manner of Worms in the body. It helpeth such as have the Leprosie, either taken inwardly, drinking Whey after it, or the green Herb outwardly applied. It hindereth Conception in Women. But either burned or strewed in the Chamber, it driveth away venemous Serpents. It takes away black and blew marks in the Face, and maketh black Scars become well coloured, if the green Herb (not the dry) be boyled in Wine, and laid to the place, or the Palate washed therewith. Being applied to the Hucklebone, by continuance of time it spendeth the humors which causeth the pain of the Sciatica. The Juyce dropped into the Ears, killeth the Worms in them. The Leaves boyled in Wine, and drunk, provoke sweat, and open Obstructions of the Liver and Spleen. It helpeth them that have a Tertain Ague (the body being first purged) by taking away the cold Fits. The Decoction hereof with some Sugar put thereto afterwards, is very profitable for those that be troubled with the over-flowing of the Gall, and that have an old

Terms provokes, Disury, Ruptures, Convulsions, Cramps, shortness of Breath, Jaundice, Vomiting, Worms, Leprosie, Serpents, black and blew Marks, Scars, Sciatica, Obstruction of the Liver and Spleen.

old Cough, and that are ſcarce able to breathe by the ſhortneſs of their wind. That have any cold diſtemper in their Bowels, and are troubled with the hardneſs of the Spleen, for all which purpoſes, both the Pouder called *Diacalaminthes*, and the Compound Syrup of Calamint (which are to be had at the Apothecaries) are moſt effectual. Let not Women be too buſie with it, for it works very violently upon the Feminine part.

Tertian Agues, Gall, Cough, Bowels, Spleen.

Chamomel.

IT is ſo well known every where, that it is but loſt time and labour to deſcribe it. The Vertues thereof are as followeth.

A Decoction made of Chamomel, and drunk, taketh away all pains and ſtitches in the ſides. The Flowers of Chamomel beaten, and made up into Balls with Oyl, driveth away all ſorts of Agues, if the party grieved be anointed with that Oyl taken from the Flowers, from the Crown of the Head to the Sole of the Foot, and afterward laid to ſweat in his bed, and that he ſweat well. This is *Nicheſſor* an Egyptians Medicine. It is profitable for all ſorts of Agues that come either from Flegm or Melancholy, or from an Inflamation of the Bowels, being applied when the humors cauſing them ſhall be concocted; and there is nothing more profitable to the ſides and Region of the Liver and Spleen than it. The bathing with a Decoction of Chamomel, taketh away wearineſs, eaſeth pains to what part of the body ſoever they be applied. It comforteth the Sinews that are over ſtrained, molliſieth all Swellings: it moderately comforteth all parts that have need of warmth, digeſteth and diſſolveth whatſoever hath need thereof by a wonderful ſpeedy property. It eaſeth all the pains of the Colick and Stone, and all pains and torments of the Belly, and gently provoketh Urin. The Flowers boyled in Poſſet-drink provoke Swear, and help to expel Colds, Aches and Pains whatſoever, and is an excellent help to bring down Womens Courſes. A Syrup made of the Juyce of Chamomel with the Flowers and white Wine, is a Remedy againſt the Jaundice and Dropſie. The Flowers boyled in Lie, are good to waſh the Head, and comfort both it and the Brain. The Oyl made of the Flowers of Chamomel, is much uſed againſt all hard Swellings, Pains, or Aches, ſhrinking of the Sinews, or Cramps, or pains in the Joynts, or any other part of the body. Being uſed in Clyſters, it helps to diſſolve wind and pains in the Belly: anointed alſo, it helpeth ſtitches and pains in the ſides.

Stitches in the ſide, Agues, Liver, Spleen, Wearineſs, Sinews, Swellings, Colick, Stone, Belly-ach, Cold, Ach, Jaundice, Dropſie, Brain, Cramp, Stitch in the ſide.

Nicheſſor ſaith, the Egyptians dedicated it to the *Sun*, becauſe it cured Agues; and they were like enough to do it, for they were the arranteſt Apes in their Religion that ever I read of. *Bacchinus*, *Pena*, and *Lobel* commend the Syrup made of the Juyce of it and Sugar taken inwardly, to be excellent for the Spleen. Alſo this is certain, that it moſt wonderfully breaks the

ſtone: ſome take it in Syrup or Decoction, others inject the juyce of it into the Bladder with a Syringe; my opinion is, That the Salt of it taken half a dram in the morning, in a little White or Rheniſh Wine, is better than either: that it is excellent for the ſtone, appears in this, which I have ſeen tried, *viz.* That a ſtone that hath been taken out of the Body of a Man being wrapped in Chamomel, will in time diſſolve, and in a little time too.

Water Caltrops.

THey are called alſo, *Tribulus Aquaticus*, *Tribulus Lacuſtris*, and *Tribulus Marinus*, *Caltrops*, *Saligot*, *Water Nuts*, and *Water Cheſnuts*.

Deſcript. *As for the greater ſort, or* Water Caltrop, *it is not found here, or very rarely: Two other ſorts there are, which I ſhall here deſcribe. The firſt hath a long, creeping, and joynted Root, ſending forth tufts at each joynt, from which joynts ariſe long, flat, ſlender, knotted ſtalks, even to the top of the Water, divided towards the top into many branches, each carrying two Leaves on both ſides, being about two inches long, and half an inch broad, thin, and almoſt tranſparent, they look as though they were torn, the flowers are long, thick, and whitiſh, ſet together almoſt like a bunch of Grapes, which being gone, there ſucceed for the moſt part, four ſharp pointed grains altogether, containing a ſmall white Kernel in them.*

The ſecond differs not much from this, ſave that it delights in more cleer Water; its ſtalks are not flat, but round; its Leaves are not ſo long, but more pointed: as for the place we need not determine, for their Name ſheweth they grow in the Water.

Government and Vertues. They are under the Dominion of the *Moon*, and being made into a Pultis, is excellent good for hot Inflamations, and ſwellings, cankers, ſore mouths and throats, being waſhed with the Decoction, it cleanſeth and ſtrengtheneth the neck and throat much, and helps thoſe ſwellings, which when people have, they ſay the Almonds of the Ears are fallen down; it is excellent good for the rankneſs of the Gums, a ſafe and preſent Remedy for the Kings Evil; they are excellent good for the ſtone and gravel, eſpecially the Nuts being dried; they alſo reſiſt poyſon, and bitings of venemous Beaſts.

Inflamations, Cankers, mouth, throat, Gums, Almonds of the Ears, Kings-Evil, Stone, Gravel, Venemous Beaſts, Poyſon.

Campions Wild.

Deſcript. *THe wild white Campion hath many long, and ſomwhat broad dark green Leaves lying upon the ground, with divers Ribbs therein, ſomewhat like Plantane, but ſomewhat hairy, broader, and not ſo long: The hairy ſtalks riſe up in the middle of them three or four foot high, and ſometimes more, with divers great white joynts at ſeveral places thereon, and two ſuch like Leaves thereat up to the top, ſending forth branches at ſeveral joynts alſo: all which bear on ſeveral footſtalks white flowers at the tops of them, conſiſting of five broad pointed Leaves, every one cut in on the end*

to the middle, making them seem to be two apiece, smelling somwhat sweet, and each of them standing in large green striped hairy Husks, large and round below next to the stalk: The seed is small and grayish in the hard Heads that come up afterwards: The Root is white and long, spreading divers fangs in the ground.

The Red wild Campion groweth in the same manner as the white, but his Leaves are not so plainly ribbed, somewhat shorter, rounder, and more woolly in handling. The Flowers are of the same form and bigness; but in some of a pale, in others of a bright red color, cut in at the ends more finely, which maketh the Leaves seem more in number than the other. The Seed and the Roots are alike. The Roots of both sorts abiding many years.

There are forty five kinds of Campions more; those of them which are of Physical uses having the like vertues with these above described, which I take to be the two chiefest kinds.

Place. They grow commonly through this Land by Fields, Hedg sides, and Ditches.

Time. They flower in Summer, some earlier than others, and some abiding longer than others.

Government and Vertues. They belong unto *Saturn*, and it is found by experience that the Decoction of the Herb, either in White or Red being drunk, doth stay inward bleedings; & applied outwardly it doth the like: And being drunk, helpeth to expell the Urin being stopt, and Gravel or the Stone in the Reins or Kidneys. Two drams of the seed drunk in Wine, purgeth the Body of Cholerick Humors, and helpeth those that are stung by Scorpions, or other venemous Beasts; and may be as effectual for the Plague: It is of very good use in old Sores, Ulcers, Cankers, Fistulaes, & the like, to cleanse and heal them, by consuming the moist Humors falling into them, and correcting the putrefaction of Humors offending them. To cure all Diseases, read my *Riverius*, *Riolanus*, *Johnston*, *Sennertus*, *&c.*

Bleeding inward & outward, Difury, Gravel, Choller, venemous Beasts, Plague, Sores, Ulcers, Cankers, Fistulaes.

Carduus Benedictus.

IT is called Carduus Benedictus, or Blessed Thistle, or Holy Thistle; I suppose the Name was put upon it by some that had little Holiness in themselves.

I shall spare a labor in writing a Description of this, sith almost every one that can but write at all, may describe them from his own knowledge.

Place. It groweth plentifully in Gardens.

Time. They flower in *August*, and seed not long after.

Government and Vertues. It is an Herb of *Mars*, and under the Sign *Aries*. Now in handling this Herb, I shall give you a Rational Pattern of all the rest; and if you please to view them throughout the Book, you shall to your content find it true. It helps swimmings and giddiness of the Head, or the Disease called Vertigo, because *Aries* is in the House of *Mars*. It is an excellent Remedy against the yel-

Vertigo, Yellow

Attractive faculty, tetters, Ringworms, plague-sores, Boyls, Itch, mad Doggs, venemous beasts.

low Jaundies, and other Infirmities of the Gall, because *Mars* governs Choler. It strengthens the attractive faculty in man, and clarifies the blood, because the one is ruled by *Mars*. The continual drinking the Decoction of it helps red Faces, Tetters, and Ringworms, because *Mars* causeth them. It helps Plague-sores, Boyls, and Itch, the bitings of mad Dogs, and venemous Beasts, all which infirmities are under *Mars*. Thus you see what it doth by Sympathy.

French pox, strengthens memory, deafness, quartan agues, adust choller, urine.

By Antipathy to other Planets, It cures the French pox, by Antipathy to *Venus* who governs it. It strengthens the Memory, and cures Deafness by Antipathy to *Saturn*, who hath his fall in *Aries*, which rules the Head. It cures Quartan Agues, and other Diseases of melancholly and adust Choler, by Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*. Also it provokes Urine, the stopping of which is usually caused by *Mars*, or the *Moon*.

A

Carrots.

GArden Carrots are so well known that they need no Description; but because they are of less Physical use than the wild kind (as indeed almost in all Herbs, the Wild are most effectual in Physick, as being more powerfull in operation than the Garden kinds) I shall therefore briefly describe the wild Carrot.

Description. *It groweth in a manner altogether like the Tame, but that the Leaves and Stalks are somewhat whiter and rougher: The Stalks bear large tufts of white flowers, with a deep purple spot in the middle, which are contracted together when the Seed begins to ripen, that the middle part being hollow and low, and the outer Stalks rising high, maketh the whole umbel to shew like a Birds nest. The Root is small, long, and hard, unfit for meat, being somewhat sharp and strong.*

Place. The Wild kind groweth in divers parts of this Land plentifully by the Fields sides, and in untilled places.

Time. They flower and seed in the end of Summer.

Government and Vertues. Wild Carrots belong to *Mercury*, and therefore breake Wind, and remove stitches in the sides, provoke Urine, and Womens Courses, and helpeth to break and expel the Stone: The seed also of the same worketh the like effect, and is good for the Dropsie, and those whose Bellies are swollen with wind; helpeth the Chollick, the stone in the Kidneys, and the rising of the Mother, being taken in Wine, or boiled in Wine and taken, it helpeth conception. The Leaves being applied with Honey to running sores or Ulcers, do cleanse them.

Wind, Stitches, provokes urine and the terms, Stone, Dropsie, Chollick, Barrenness,

I suppose the Seeds of them perform this better than the Roots; And though Galen commend Garden Carrots highly,

to break wind; yet experience teacheth, that they breed it firſt, and we may thank Nature for expelling it, not they: The ſeeds of them expel wind indeed, and ſo mend what the Root marreth.

Caraway.

Deſcript. *IT beareth divers ſtalks of fine cut Leaves lying upon the ground, ſomewhat like to the Leaves of Carrots, but not buſhing ſo thick, of a little quick taſte in them, from among which riſeth up a ſquare ſtalk, not ſo high as the Carrot, at whoſe joynts are ſet the like Leaves, but ſmaller and finer, and at the top ſmall open tufts or umbels of white flowers, which turn into ſmall blackiſh ſeed, ſmaller than the Annis ſeed, and of a quicker and hotter taſt. The Root is whitiſh, ſmall, and long, ſomewhat like unto a Parſnip, but with more wrinkled Bark, and much leſs, of a little hot and quick taſt, and ſtronger than the Parſnip, and abideth after Seed-time.*

Place.] It is uſually ſown with us in Gardens.

Time.] They flowre in *June* and *July*, and ſeed quickly after.

Government and Vertues.] This is alſo a Mercurial Plant. *Caraway* ſeed hath a moderate ſharp quality, whereby it breaketh wind, and provoketh Urin, which alſo the Herb doth. The Root is better food than the Parſnip, and is pleaſant and comfortable to the ſtomach, helping digeſtion. The ſeed is conducing to all the cold griefs of the head and ſtomach, the Bowels, or Mother, as alſo the wind in them, and helpeth to ſharpen the Eye-ſight. The powder of the ſeed put into a Pultiſs, taketh away black and blew ſpots of blows and bruiſes. The Herb it ſelf, or with ſome of the ſeed bruiſed and fryed, laid hot in a bag or double cloth, to the lower parts of the Belly, eaſeth the pains of the Wind Chollick.

Wind, Diſury, Indigeſtion, Head, Stomach, Bowels, Mother, Black and blew ſpots, Bruiſes, Chollick.

The Roots of Caraways, eaten as men eat Parſnips, ſtrengthen the ſtomachs of ancient people exceedingly, and they need not make a whole meal of them neither, and are fit to be planted in every Garden.

Caraway Confects, once only dipped in ſugar, and half a ſpoonful of them eaten in the morning faſting, and as many after each meal, is a moſt admirable remedy for thoſe that are troubled with wind.

Celandine.

Deſcript. *THis hath divers tender, round, whitiſh, green ſtalks, with greater joynts than ordinary in other Herbs, as it were Knees, very brittle and eaſie to break, from whence grow Branches with large tender long Leaves, much divided into many parts, each of them cut in on the edges, ſet at the joynts on both ſides of the Branches, of a dark blewiſh green colour, on the upper ſide like* Columbines, *and of a more pale blewiſh green underneath, full of a yellow ſap, when any part is broken, of a bitter taſt, and ſtrong ſcent. At the tops of the Branches which are much divided, grow Gold yellow flowers of four Leaves a piece, after which come ſmall long*

Pods,

Pods with blackish seed therein. The Root is somewhat great at the head, shooting forth divers long Roots, and small strings, reddish on the outside, and yellow within, full of a yellow sap therein.

Place. It groweth in many places by old Walls, by the Hedges, and way-sides in untilled places; and being once planted in a Garden, especially in some shady places, it will remain there.

Time. They flower all the Summer long, and the seed ripeneth in the mean time.

Government and Vertues. This is an Herb of the *Sun*, and under the Cœlestial *Lyon*, and is one of the best Cures for the Eyes that is. All that know any thing in Astrology, know as well as I can tell them, That the Eyes are subject to the *Luminaries*; let it then be gathered when the *Sun* is in *Leo*, and the *Moon* in *Aries* applying to his Trine: let *Leo* arise, then may you make it into an Oyl or Oyntment which you please, to anoint your sore Eyes withall: I can prove it both by my own experience, and the experience of those to whom I have taught it, That most desperate sore Eyes have been cured by this only Medicine; And then, I pray, is not this far better than endangering the Eyes by the art of the Needle? for if this do not absolutely take away the Film, it will so facilitate the work that it may be done without danger. The Herb or Roots boyled in white Wine and drunk, a few Anniseeds being boiled therewith, openeth Obstructions of the Liver and Gall, helpeth the yellow Jaundies; and often using it, helps the Dropsie and the Itch, and those that have old sores in their Legs, or other parts of the Body. The juyce thereof taken fasting, is held to be of singular good use against the Pestilence: The distilled Water with a little sugar, and a little good Treacle mixed therewith (the party upon the taking being laid down to sweat a little) hath the same effect. The juyce dropped into the Eyes cleanseth them from films & cloudiness which darken the sight, but it is best to allay the sharpness of the juyce with a little Breast milk: It is good in old filthy corroding, creeping Ulcers wheresoever, to stay their malignity of fretting & running, and to cause them to heal the more speedily: The juyce often applied to Tetters, Ring-worms, or other such like spreading Cancers, will quickly heal them, and rubbed often upon Warts will take them away. The Herb with the Roots bruised and heated with Oil of Chamomel. and applied to the Navel, taketh away the griping pain in the Belly and Bowels, and all the pains of the Mother: and applied to Womens breasts stayeth the over-much flowing of their Courses. The Juyce or Decoction of the Herb gargled between the Teeth that ake, easeth the pain: and the Powder of the dried Root, laid upon an aking, hollow, or loose Tooth, will cause it to fall out. The juyce mixed with some Powder of Brimston, is not only good against the Itch, but taketh away all discolorings of the Skin whatsoever; And if it chance that in a tender

Obstructions of the Liver and Gall, Yellow Jaundies, Dropsie, Pestilence, Eyes, ulcers, Tetters, Ring-worms, Cancers, Warts, Belly, Bowels, Mother, Worms, Termes stops, Tooth-ach, Itch, Beauty lost.

Body

Body it cauſeth any Itching or Inflamation, by bathing the place with a little Vinegar it is helped.

Another ill-favor'd trick have Phyſicians got to uſe to the Eye, and that is worſe than the Needle; which is, To eat away Films by corroding or gnawing Medicines. This I abſolutely proteſt againſt.

1. Becauſe the Tunicles of the Eye are very thin, and therefore ſoon eaten aſunder,

2. The *Callus* or Film that they would eat away, is ſeldom of an equal thickneſs in every place, and then the Tunicle may be eaten aſunder in one place, before the Film be conſumed in another, and ſo be a readier way to extinguiſh the ſight, than to reſtore it.

It is called *Chelidonium* from the Greek word χελιδών, which ſignifies a Swallow, becauſe they ſay, That if pou prick out the Eyes of yong Swallows when they are in the Neſt, the old ones will recover their Eyes again with this Herb. This I am confident, for I have tried it, That if you mar the very Apple of their Eyes with a Needle, ſhe ſhall recover them again, but whether with this Herb or not, I know not.

Alſo I have read (and it ſeems to me ſomewhat probable) That the Herb being gathered as I ſhewed before, and the Elements drawn apart from it by the Art of the Alchymiſt, and after they are drawn apart, rectified, the earthly quality ſtill in rectifying them, added to the *Terra damnata*, (as Alchymiſts call it) or *Terra ſatratiſſima* (as ſome Philoſophers call it.) The Elements ſo rectifyed are ſufficient for the Cure of all Diſeaſes, the humor offending being known, and the contrary Element given: It is an Experience worth the trying, and can do no harm.

The leſſer Celandine, *uſually known by the name of* Pilewort, *and* Figwort.

I Wonder what ailed the Ancients to give this name of *Celandine*, which reſembles it neither in nature nor form: It acquired the Name of *Pilewort* from its Vertues, and it being no great matter where I ſet it down, ſo I ſet it down at all, I humor'd Dr. *Tradition* ſo much as to ſet it down here.

Deſcription. *This* Celandine *then*, *or* Pilewort (*which you pleaſe*) *doth ſpread many round pale green Leaves, ſet on weak and trailing branches, which lie upon the ground, and are fat, ſmooth, and ſomewhat ſhining, and in ſome places* (*though ſeldom*) *marked with black ſpots, each ſtanding on a long Footſtalk, among which riſe ſmall yellow flowers, conſiſting of nine or ten ſmall narrow Leaves, upon ſlender Footſtalks very like unto a Crows foot, whereunto the ſeed alſo is not unlike, being many ſmall ones ſet together upon a head. The Root is made of many ſmall Kernels like a grain of corn, ſome twice as long as others, of a whitiſh color with ſome fibres at the end of them.*

Place. It groweth for the moſt part in moiſt corners of Fields, and places that are neer Water-ſides, yet will abide in dryer grounds, if they be but a little ſhadowed.

Time. It flowreth betimes about *March*, or *April*, is quite gone in *May*, ſo as it cannot be found until it ſpring again.

Govern.

Government and Vertues.] It is under the Dominion of *Mars*: and behold here another Verification of that Learning of the Ancients, *viz.* That the Vertue of an Herb may be known by its ſignature, as plainly appears in this; for if you dig up the Root of it, you ſhall perceive the perfect image, of that diſeaſe which they commonly call the Piles. It is certain by good experience, That the Decoction of the Leaves and Roots doth wonderfully help the Piles and Hemorrhoids, as alſo Kernels by the Ears and Throat, called the Kings-Evil, or any other hard Wens or Tumors.

Hemorrhoids, *Kings-Evil.*

Here's another Secret for my Country Men and Women, a couple of them together: Pilewort made into an Oyl, Oyntment, or Plaiſter readily cures both the Piles or Hemorrhoids, and the Kngs-Evil: The very Herb born about ones Body next the skin, helps in ſuch Diſeaſes, though it never touch the place grieved: let good people make much of it for theſe uſes, with this I cured my own Daughter of the Kings-Evil, broke the Sore, drew out a quarter of a pint of Corruption, cured it without any Scar at all, and in one Weeks time.

The Ordinary ſmall Centaury.

Deſcript.] THis groweth up moſt uſually but with one round and ſomewhat creſted ſtalk, about a foot high, or better, branching forth at the top into many ſprigs, and ſome alſo from the joynts of the ſtalks below: The Flowers that ſtand at the tops as it were in an umbel or tuft, are of a pale red, tending to a carnation colour, conſiſting of five, ſometimes ſix ſmall Leaves, very like thoſe of St. *Johns wort*, opening themſelves in the day time, and cloſing at night: after which come ſeed in little ſhort Husks, in form like unto Wheat Corns: The Leaves are ſmall and ſomewhat round. The Root ſmall and hard, periſhing every year. The whole Plant is of an exceeding bitter taſt.

There is another ſort in all things like the former, ſave onely it beareth white Flowers.

Place.] They grow ordinarily in Fields, Paſtures, and Woods; but that with the white Flowers, not ſo frequently as the other.

Time.] They flower in *July*, or thereabouts, and ſeed within a Month after.

Government and Vertues.] They are all under the Dominion of the *Sun*, as appears in that their flowers open and ſhut as the Sun either ſheweth or hideth his face. This Herb boyled and drunk, purgeth Cholerick and groſs Humours, and helpeth the Sciatica: It openeth Obſtructions of the Liver, Gall, and Spleen, helping the Jaundice, and eaſing the pains in the ſides, and hardneſs of the Spleen, uſed outwardly, and is given with very good effect in Agues: It helpeth thoſe that have the Dropſie, or the green ſickneſs, being much uſed by the Italians in powder for that purpoſe. It killeth the Worms in the Belly, as is found by experience.

Choler, *Sciatica,* *Obſtructions, Liver, Gall, Spleen, Agues, Dropſie.*

rience. The Decoction thereof (viz.) the tops of the ſtalks with the Leaves and flowers, is good againſt the Cholick, and to bring down womens Courſes, helpeth to avoid the dead birth, and eaſeth pains of the Mother, and is very effectual in all old pains of the Joynts, as the Gout, Cramps, or Convulſions. A dram of the powder thereof taken in Wine, is a wonderfull good help againſt the biting and poyſon of an Adder. The Juyce of the Herb with a little Honey put to it, is good to cleer the Eyes from dimneſs, miſts, and clouds that offend or hinder the ſight: It is ſingular good both for green and freſh wounds, as alſo for old Ulcers and Sores, to cloſe up the one, and cleanſe the other, and perfectly to cure them both, although they be hollow or fiſtulous: the green Herb eſpecially being bruiſed, and laid thereto. The Decoction thereof dropped into the Ears cleanſeth them from Worms, cleanſeth the foul Ulcers, and ſpreading Scabs of the Head and taketh away all Freckles, Spots and Marks in the Skin, being waſhed therewith, The Herb is ſo ſafe you cannot fail in the uſing of it, only give it inwardly for inward Diſeaſes: uſe it outwardly for outward Diſeaſes: 'Tis very wholſom, but not very toothſom.

green Sickneſs, Cholick, Terms provokes, Joynts, Gout, Sciatica, Cramp, Convulſion, venemous beaſts, Eyes, Wounds, ulcers, Ears, Scabby heads, Freckles, Spots.

There is beſides theſe another ſmall *Centaury*, which beareth a yellow Flower, in all other reſpects it is like the former, ſave that the Leaves are bigger, and of a darker green, and the ſtalk paſſeth through the midſt of them, as it doth in the Herb *Thorowax*. They are all of them, as I told you, under the Dominion of the *Sun*: yet this you obſerve it, you ſhall find an excellent truth; In Diſeaſes of Blood, uſe the red Centaury; if of Choler, uſe the yellow; but if of Flegm or Water, you will find the white beſt.

The Cherry-Tree.

I Suppoſe there are few but know this Tree, for his Fruits ſake, and therefore I ſhall ſpare writing a Deſcription thereof.

Place. For the place of its growth, it is afforded room in every Orchard.

Government and Vertues. It is a Tree of *Venus*. Cherries, as they are of different taſtes, ſo they are of divers qualities: The ſweet paſs through the ſtomach and belly more ſpeedily, but are of little Nouriſhment The tart or ſowr, are more pleaſing to an hot ſtomach, procuring Appetite to Meat, and help to cut tough flegm, and groſs Humors: but when theſe are dried, they are more binding the Belly than when they are freſh, being cooling in hot Diſeaſes, and welcom to the ſtomach, and provoke urine. The Gum of the Cherry-tree diſſolved in Wine, is good for a cold Cough, and hoarſneſs of the Throat, mendeth the color in the Face, ſharpneth the Eye-ſight, provoketh Appetite, and helpeth to break and expell the Stone: The black Cherries bruiſed with the ſtones, and diſſolved, the Water thereof is much uſed to break the ſtone, expell Gravel and Wind.

Appetite loſt, flegm, Groſs humors, cool, provoke urine, Cough, Hoarſneſs, Sight, Gravell, Wind.

Winter Cherries.

Deſcript. *THe Winter Cherry hath a running or creeping Root in the ground, of the bigneſſe many times of ones little finger, ſhooting forth at ſeveral joynts in ſeveral places, whereby it quickly ſpreadeth a great compaſſe of ground: The Stalk riſeth not above a yard high, whereon are ſet many broad, and long green Leaves, ſomewhat like Nightſhade but larger; at the joynts whereof come forth whitiſh flowers made of five Leaves a piece, which after turn into green Berries, encloſed with thin skins, which change to be reddiſh, when they grow ripe, the Berry likewiſe being reddiſh and as large as a Cherry, wherein are contained many flat and yellowiſh ſeeds lying within the pulp, which being gathered and ſtrung up, are kept all the year, to be uſed upon occaſion.*

Place. They grow not naturally in this Land, but are cheriſhed in Gardens for their Vertues.

Time. They flower not untill the middle or later end of *July*, and the Fruit is ripe about the end of *Auguſt*, or beginning of *September*.

Government and Vertues. This alſo is a Plant of *Venus*. They are of great uſe in Phyſick: The Leaves being cooling may be uſed in Inflamations, but not opening as the Berries and Fruit are, which by drawing down the Urin, provoke it to be voided plentifully when it is ſtopped, or grown hot, ſharp, and painfull in the paſſage: it is good alſo to expell the Stone and Gravel out of the Reins, Kidneys, & Bladder, helping to diſſolve the Stone, and voiding it by Grt , Gravel ſent forth in the Urin: it alſo helpeth much to cleanſe inward Impoſtumes or Ulcers in the Reins or Bladder, or in thoſe that void a bloody or foul Urin. The diſtilled Water of the Fruit, or the Leaves together with them, or the Berries green or dry, diſtilled with a little Milk, and drunk morning and evening with a little Sugar is effectual to all the purpoſes afore ſpecified, & eſpecially againſt the heat and ſharpneſs of the Urin I ſhall only mention one way amongſt many others, which might be uſed for ordering the Berries to be helpfull for the Urin and the Stone, which is thus: Take three or four good handfuls of the Berries, either green and freſh, or dried, and having bruiſed them, put them into ſo many Gallons of Beer or Ale, when it is new tunned up: This Drink taken daily, hath been found to do much good to many: both to eaſe the pains, and expell Urin, and the Stone, & to cauſe the Stone not to ingender. The Decoction of the Berries in Wine and Water, is the moſt uſual way; but the Powder of them taken in Drink, is more effectual. For cure of all Diſeaſes, read my *Riverius*, *Riolanus*, *Johnſton*, &c.

Inflamations, Diſury, Stone, Gravell, Ulcers in the Reins and bladder, piſſing Blood: ſharpneſſe of urines.

A precious Receipt.

Chervill.

IT is called Cerefolium, Mirrhis, and Mirrha, Chervil, ſweet Chervil, and ſweet Cicely.

Deſcript. *The Garden Chervil doth at firſt ſomewhat reſemble parſly, but after*

after it is better grown, the Leaves are much cut in and jagged, reſembling Hemlocks, being a little Hairy, and of a whitiſh green colour, ſometimes turning reddiſh in the Summer with the Stalks alſo: It riſeth a little above half a foot high, bearing white Flowers in ſpiked tufts, which turn into long and round ſeed pointed at the ends, and blackiſh when they are ripe, of a ſweet taſt, but no ſmell, though the Herb it ſelf ſmelleth reaſonable well: The Root is ſmall and long, and periſheth every year, and muſt be ſown anew in the ſpring for ſeed, and after July for Autumn *Sallet.*

The Wild Chervil *groweth two or three foot high, with yellow ſtalks and joynts, ſet with broader and more hairy Leaves, divided into ſundry parts, nicked about the edges, and of a dark green colour; which likewiſe grow reddiſh with the ſtalks; at the tops whereof ſtand ſmall white tufts of Flowers, and afterwards ſmaller and longer ſeed: The Root is white, hard, and enduring long. This hath little or no ſcent.*

Place.] The firſt is ſown in Gardens for a Sallet Herb; The ſecond groweth wild in many of the Meadows of this Land, and by the Hedgeſides, and on Heaths.

Time.] They flower and ſeed early, and thereupon are ſown again in the end of Summer.

Government and Vertues.] The *Garden Chervil* being eaten, doth moderately warm the ſtomach, and is a certain Remedy (ſaith *Tragus*) to diſſolve congealed or clotted blood in the Body, or that which is clotted by Bruiſes, Falls, *&c.* The juyce or diſtilled Water thereof being drunk, and the bruiſed Leaves laid to the place, being taken either in meat or drink, it is held good to provoke Urin, or expel the ſtone in the Kidneys, to ſend down Womens Courſes, and to help the Pleuriſie and prickings of the ſides.

Stomach, Clotted Blood, Bruiſes, Falls, Dioſury, Stone, Pleuriſies, Sides,

The *Wild Chervil* bruiſed and applied diſſolveth Swellings in any part of the Body, and taketh away the ſpots and marks of congealed blood by bruiſes or blows, in a little ſpace.

Swellings, Black and blew ſpots.

Sweet Chervel, *or* Sweet Cicely.

Deſcript.] *THis groweth very like the greater* Hemlock, *having large ſpread Leaves cut into divers parts, but of a freſher green colour than the* Hemlock, *taſting as ſweet as the Anniſeed. The ſtalk riſeth up a yard high or better, being creſted or hollow, having the Leaves at the joynts, but leſſer; and at the tops of the branched ſtalks, umbels or tufts of white Flowers; after which come large and long creſted black ſhining ſeed, pointed at both ends, taſting quick, yet ſweet and pleaſant. The Root is great and white, growing deep in the ground, and ſpreading ſundry long branches therein, in taſt and ſmell ſtronger than the Leaves or ſeed, and continuing many years.*

Place. This groweth in Gardens.

Government and Vertues.] Theſe are all three of them of the Nature of *Jupiter*, and under his Dominion. This whole Plant, beſides

Cold, Stomach, Wind, Flegm, Lungs, Phtisick, Pestilence, Terms provokes, After-birth, Appetite lost, Ulcers, Epidemical Diseases.

sides its pleasantness in Sallets, hath also his Physical Vertues. The Root boyled and eaten with Oyl and Vinegar, (or without Oyl) doth much please and warm an old and cold stomach, oppressed with wind or flegm, or those that have the Phtisick or Consumption of the Lungs. The same drunk with Wine, is a preservative from the Plague; it provoketh Womens Courses, and expelleth the After-birth, procureth an appetite to meat, and expelleth wind. The Juyce is good to heal the Ulcers of the Head and Face. The candied Roots hereof are held as effectual as *Angelica* to preserve from infection in the time of a Plague, and to warm and comfort a cold weak stomach: It is so harmless, you cannot use it amiss.

They that think the use of these Medicines is too brief (it's so only for cheapness of the Book) let them read these Books of mine, of the last Edition, viz. *Riverius, Veslingus, Riolanus, Johnston, Sennertus*, and *Physick for the Poor.*

Chestnut-Tree.

IT were as needless to describe a Tree so commonly known, as to tell a man he had gotten a Mouth; therefore take the Government and Vertues of them thus.

The Tree is absolutely under the Dominion of *Jupiter*, and therefore the Fruit must needs breed good blood, and yield commendable nourishment to the Body; yet if eaten over much, they make the blood thick, procure head-ach, and bind the Body: the inner skin that covereth the Nut, is of so binding a quality, that a scruple of it being taken by a man, or ten grains by a Child, soon stops any flux whatsoever: The whole Nut being dried and beaten into powder, & a dram taken at a time, is a good remedy to stop the Terms in Women. If you dry Chestnuts, and beat them into Powder (only the kernel I mean) both the Barks being taken away, beat them into powder, and make the powder up into an Electuary with Honey, so have you an admirable Remedy for the Cough, and spitting blood.

Flux, Terms stops, Cough, Spitting Blood.

Earth-Chestnuts.

THey are called *Earth-Nuts*, *Earth-Chestnuts*, *Ground-Nuts*, *Cipper-Nuts*, and we in *Sussex* call them *Pig-Nuts*. A Description of them were needless, for every Child knows them.

Government and Vertues.] They are something hot and dry in quality, under the Dominion of *Venus*, they provoke Lust exceedingly, and stir up to those Sports she is Mistriss of; the Seed is excellent good to provoke Urin, and so also is the Root, but it doth not perform it so forcibly as the Seed doth. The Root being dried, and beaten into Powder, and the Powder made into an Electuary, is as singular a Remedy for spitting and pissing blood, as the former Chestnuts was for Coughs.

Lust provokes, Difficulty, Spitting Blood, Pissing Blood.

Chicks

Chickweed.

IT is so generally known to most people, I shall not therefore trouble you with the Description thereof, nor my self with setting forth the several kinds, sith but only two or three are considerable for their usefulness.

Place.] They are usually found in moist and watry places, by Wood-sides, and elsewhere.

Time.] They flower about *June*, and their seed is ripe in *July*.

Government and Vertues.] It is a fine soft pleasing Herb, under the Dominion of the *Moon*. It is found to be as effectual as Purslain to all the purposes whereunto it serveth, except for meat only. The Herb bruised, or the Juyce applied (with cloaths or spunges dipped therein) to the Region of the Liver, and as they dry to have fresh applied, doth wonderfully temper the heat of the Liver, and is effectual for all Imposthumes and Swellings whersoever; for all redness in the Face, Wheals, Pushes, Itch, Scabs, the Juyce either simply used, or boyled with Hogs-grease and applied; the same helpeth Cramps, Convulsions, and Palsies. The Juyce or distilled Water is of much good use for all heat and redness in the Eyes to drop some thereof into them: as also into the Ears to ease pains in them, and is of good effect to ease pains, the heat and sharpness of blood in the Piles, and generally all pains in the body that arise of heat. It is used also in hot and virulent Ulcers and Sores in the privy parts of Men or Women, or on the Legs, or elsewhere. The Leaves boyled with Marsh-mallows, and made into a Pultis with Fenugreek and Linseed, applied to Swellings or Impostbumes, ripen and break them, or swage the Swellings, and ease the pains. It helpeth the Sinews when they are shrunk by Cramps, or otherwise, and to extend and make them pliable again by this Medicine; Boyl an handful of Chickweed, and a handful of red Rose-leaves dried, but not distilled, in a quart of Muscadine until a fourth part be consumed, then put to them a pint of Oyl of Trotters, or Sheeps feet; let them boyl a good while, still stirring them well, which being strained, anoint the grieved place therewith warm against the fire, rubbing it well with ones hand, and bind also some of the Herb (if you will) to the place, and with Gods blessing it will help in three times dressing.

Hot Liver, Apostums, Swellings, red Face, Wheals, Pushes, Itch, Scabs, Cramps, Convulsion, Palsie, red Eyes, Hemorrhoids, Ulcers, Sinews.

Cich-Pease, *or* Cicers.

Descript.] *THe Garden sorts, whether red, black, or white, bring forth stalks a yard long, whereon do grow many small and almost round Leaves, dented about the edges, set on both sides of a middle Rib: at the Joynts come forth one or two Flowers upon sharp Footstalks, Pease-fashion, either white or whitish, or purplish red, lighter or deeper, according as the Pease that follow will be, that are contained in small, thick and short*

Cold, Stomach, wind, Flegm, Lungs, Phtisick, Pestilence, Terms provokes, After-birth, Appetite lost, Ulcers, Epidemical Diseases.

sides its pleasantness in Sallets, hath also his Physical Vertues. The Root boyled and eaten with Oyl and Vinegar, (or without Oyl) doth much please and warm an old and cold stomach, oppressed with wind or flegm, or those that have the Phtisick or Consumption of the Lungs. The same drunk with Wine, is a preservative from the Plague; it provoketh Womens Courses, and expelleth the After-birth, procureth an appetite to meat, and expelleth wind. The Juyce is good to heal the Ulcers of the Head and Face. The candied Roots hereof are held as effectual as *Angelica* to preserve from infection in the time of a Plague, and to warm and comfort a cold weak stomach: It is so harmless, you cannot use it amiss.

They that think the use of these Medicines is too brief (it's so only for cheapness of the Book) let them read these Books of mine, of the last Edition, viz. *Rivcrius, Vestingus, Riolanus, Johnston, Sennertus*, and *Physick for the Poor*.

Chestnut-Tree.

IT were as needless to describe a Tree so commonly known, as to tell a man he had gotten a Mouth; therefore take the Government and Vertues of them thus.

The Tree is absolutely under the Dominion of *Jupiter*, and therefore the Fruit must needs breed good blood, and yield commendable nourishment to the Body; yet if eaten over much, they make the blood thick, procure head-ach, and bind the Body: the inner skin that covereth the Nut, is of so binding a quality, that a scruple of it being taken by a man, or ten grains by a Child, soon stops any flux whatsoever: The whole Nut being dried and beaten into powder, & a dram taken at a time, is a good remedy to stop the Terms in Women. If you dry Chestnuts, and beat them into Powder (only the kernel I mean) both the Barks being taken away, beat them into powder, and make the powder up into an Electuary with Honey, so have you an admirable Remedy for the Cough, and spitting blood.

Flux, Terms stops, Cough, Spitting Blood.

Earth-Chestnuts.

THey are called *Earth-Nuts*, *Earth-Chestnuts*, *Ground-Nuts*, *Cipper-Nuts*, and we in *Sussex* call them *Pig-Nuts*. A Description of them were needless, for every Child knows them.

Government and Vertues.] They are something hot and dry in quality, under the Dominion of *Venus*, they provoke Lust exceedingly, and stir up to those Sports she is Mistriss of; the Seed is excellent good to provoke Urin, and so also is the Root, but it doth not perform it so forcibly as the Seed doth. The Root being dried, and beaten into Powder, and the Powder made into an Electuary is as singular a Remedy for spitting and pissing blood, as the former Chestnuts was for Coughs.

Lust provokes, Dissury, Spitting Blood, Pissing Blood.

Chicke

Chickweed.

IT is ſo generally known to moſt people, I ſhall not therefore trouble you with the Deſcription thereof, nor my ſelf with ſetting forth the ſeveral kinds, ſith but only two or three are conſiderable for their uſefulneſs.

Place.] They are uſually found in moiſt and watry places, by Wood-ſides, and elſwhere.

Time.] They flower about *June*, and their ſeed is ripe in *July*.

Government and Vertues.] It is a fine ſoft pleaſing Herb, under the Dominion of the *Moon*. It is found to be as effectual as Purſlain to all the purpoſes whereunto it ſerveth, except for meat only. The Herb bruiſed, or the Juyce applied (with cloaths or ſpunges dipped therein) to the Region of the Liver, and as they dry to have freſh applied, doth wonderfully temper the heat of the Liver, and is effectual for all Impoſthumes and Swellings whereſoever; for all redneſs in the Face, Wheals, Puſhes, Itch, Scabs, the Juyce either ſimply uſed, or boyled with Hogs-greaſe and applied; the ſame helpeth Cramps, Convulſions, and Palſies. The Juyce or diſtilled Water is of much good uſe for all heat and redneſs in the Eyes to drop ſome thereof into them: as alſo into the Ears to eaſe pains in them, and is of good effect to eaſe pains, the heat and ſharpneſs of blood in the Piles, and generally all pains in the body that ariſe of heat. It is uſed alſo in hot and virulent Ulcers and Sores in the privy parts of Men or Women, or on the Legs, or elſwhere. The Leaves boyled with Marſh-mallows, and made into a Pultis with Fenugreek and Linſeed, applied to Swellings or Impoſthumes, ripen and break them, or ſwage the Swellings, and eaſe the pains. It helpeth the Sinews when they are ſhrunk by Cramps, or otherwiſe, and to extend and make them pliable again by this Medicine; Boyl an handful of Chickweed, and a handful of red Roſe-leaves dried, but not diſtilled, in a quart of Muſcadine until a fourth part be conſumed, then put to them a pint of Oyl of Trotters, or Sheeps feet; let them boyl a good while, ſtill ſtirring them well, which being ſtrained, anoint the grieved place therewith warm againſt the fire, rubbing it well with ones hand, and bind alſo ſome of the Herb (if you will) to the place, and with Gods bleſſing it will help in three times dreſſing.

Hot Liver, Apoſtums, Swellings, red Face, Wheals, Puſhes, Itch, Scabs, Cramps, Convulſions, Palſie, red Eyes, Hemorrhoids, Ulcers, Sinews.

Cich-Peaſe, *or* Cicers.

Deſcript.] *THe Garden ſorts, whether red, black, or white, bring forth ſtalks a yard long, whereon do grow many ſmall and almoſt round Leaves, dented about the edges, ſet on both ſides of a middle Rib: at the Joynts come forth one or two Flowers upon ſharp Footſtalks, Peaſe-faſhion, either white or whitiſh, or purpliſh red, lighter or deeper, according as the Peaſe that follow will be, that are contained in ſmall, thick and ſhort*

Pods, wherein lie one or two Peaſe more uſually, a little pointed at the lower end, and almoſt round at the Head, yet a little corner'd or ſharp. The Root is ſmall, and periſheth yearly.

Place and Time. They are ſown in Gardens, or the Fields, as Peaſe, being ſown later than Peaſe, and gathered at the ſame time with them, or preſently after.

Government and Vertues. They are both under the Dominion of *Venus*. They are no leſs windy than Beans, but nouriſh more, they provoke Urin, and are thought to encreaſe Sperm, they have a cleanſing Faculty, whereby they break the Stones in the Kidnies. To drink the Cream of them being boyled in Water, is the beſt way. It moveth the Belly downwards, provoketh Womens Courſes, and Urin, encreaſeth both Milk and Seed. One ounce of Cicers, two ounces of French Barley, and a ſmall handful of Marſh-mallow Roots, clean waſhed and cut, being boyled in the Broth of a Chicken, and four ounces taken in the morning, and faſting two hours after, is a good Medicine for a pain in the ſides. The white Cicers are uſed more for Meat than Medicine, yet have they the ſame effects, and are thought more powerful to encreaſe Milk and Seed.

Diſury, Seed increaſe, Stone, Coſtiveneſs, Terms provokes, pain in the ſides, Obſtruction, Stone, Open, Digeſt, Diſſolve.

The wild Cicers are ſo much more powerful than the Garden kinds, by how much they exceed them in heat and drineſs, whereby they do more open Obſtructions, break the Stone, and have all the properties of cutting, opening, digeſting, and diſſolving, and this more ſpeedily and certainly than the former.

Cinquefoyl, *or* Five-leaved Graſs;
Called in ſome Countries
Five-finger'd Graſs.

Deſcript. *IT ſpreadeth and creepeth far upon the ground, with long ſlender ſtrings like Strawberries, which take Root again and ſhoot forth many Leaves made of five parts, and ſomtimes of ſeven, dented about the edges, and ſomewhat hard. The ſtalks are ſlender, leaning downwards, and bear many ſmall yellow flowers thereon, with ſome yellow thrids in the middle, ſtanding about a ſmooth green Head; which when it is ripe, is a little rough, and containeth ſmall browniſh ſeeds. The Root is of a blackiſh brown colour, ſeldom ſo big as ones little finger, but growing long with ſome thrids thereat; and by the ſmall ſtrings it quickly ſpreadeth over the ground.*

Place.] It groweth by Wood-ſides, Hedg-ſides, the Pathwaies in Fields, and in the borders and corners of them almoſt through all this Land.

Time.] It flowreth in Summer, ſome ſoon, ſome later.

Government and Vertues.] This is an Herb of *Jupiter*, and therefore ſtrengthens the parts of the body it rules; let *Jupiter* be angular and ſtrong when it is gathered, and if you give but a ſcruple (which is but

twenty

twenty grains of it) at a time, either in white Wine, or white Wine Vinegar, you shall very seldom miss the cure of an Ague, be it what Ague soever, in three Fits as I have often proved to the admiration both of my self and others; let no man despise it because it is plain and easie, the waies of God are all such, 'tis the ungodliness and impudency of man that made things hard, and hath (by so doing) made sport for all the Devils in Hell, and grieved the good Angels, and when you read this, your own Genius, if you be any thing at all acquainted with it, may dictate to you many as good conclusions both of this and other Herbs. It is an especial Herb used in all Inflamations and Feavers, whether infectious or pestilential; or among other Herbs to cool and temper the blood and humors in the body. As also for all Lotions, Gargles, Injections, and the like for sore Mouths, Ulcers, Cankers, Fistulaes, and other corrupt, foul, or running Sores. The Juyce hereof drunk about four ounces at a time for certain daies together, cureth the Quinzy, and the yellow Janndice, and taken for thirty daies together, cureth the Falling-sickness. The Root boyled in Milk and drunk, is a most effectual Remedy for all Fluxes in man or woman, whether the Whites, or Reds, as also the bloody Flux. The Roots boyled in Vinegar, and the Decoction thereof held in the Mouth, easeth the pains of the Toothach. The Juyce or Decoction taken with a little Honey, helpeth the hoarseness of the Throat, and is very good for the Cough of the Lungs. The distilled Water of both Roots and Leaves is also effectual to all the purposes aforesaid; and if the hands be often washed therein, and suffered at every time to dry in of it self without wipeing: it will in short time help the Palsie, or shaking in them. The Root boyled in Vinegar, helpeth all Knots, Kernels, hard swellings, and lumps growing in any part of the flesh, being thereto applied, as also all Inflamations, and St. Anthonies fire, all Impostumes, and painful Sores, with heat and putrefaction, the Shingles also, and all other sorts of running & foul Scabs, Sores, and Itch. The same also boyled in Wine, and applied to any Joynts full of pain, Ach, or the Gout in the Hands or Feet, or the Hip-gout called the *Sciatica*, and the Decoction thereof drunk the while, doth cure them, and easeth much pains in the Bowels. The Roots are likewise effectual to help Ruptures or Burstings, being used with other things available to that purpose, taken either inwardly or outwardly, or both: as also for bruises, or hurts by blows, falls, or the like, & to stay the bleeding of Wounds in any part inward or outward.

Agues.

Inflamation, Feavers, Pestilence, Sore Mouth, ulcers, Cankers, Fistulaes, Quinsie, Yellow Jaundice, Falling-sickness, Flux, Terms stops, whites, Bloody-Flux, Toothach, Hoarseness, Cough, Palsie of the Hands, Knots in the Flesh, St. Anthonies fire, Shingles, Scabs, Itch Joynts pained, Sciatica, Ruptures Gout, Bruises, Falls, Bleeding.

Some hold that one Leaf cures a Quotidian, three a Tertian, and four a Quartan Ague; and an hundred to one if it be not *Dioscorides*, for he is full of such whimsies. The truth is, I never stood so much upon the number of the Leaves, nor whither I gave

gave it in Pouder or Decoction. If *Jupiter* were strong, and the *Moon* applying to him, or his good Aspect at the gathering of it, I never knew it miss the desired effects.

Cives.

CAlled also Rush-Leeks, Chives, Civet, and Sweth.

Temperature and Vertues.] I confess I had not added these, had it not been for a Letter I received of a Country Gentleman, who certified me, That amongst other Herbs I had left these out; they are indeed a kind of Leeks, hot and dry in the fourth degree as they are, and also under the Dominion of *Mars*: if they be eaten raw (I do not mean raw opposite to roasted or boyled, but raw opposite to a Chymical Preparation) they send up very hurtful Vapors to the Brain, causing troublesom sleep, and spoiling the Eye-sight, yet of them prepared by the Art of the Alchymist, may *Difficulty.* be made an excellent Remedy for the stoppage of Urin.

Clary, *or more properly* Cleer-Eye.

Descript.] *Our ordinary Garden Clary hath four square stalks, with broad, rough, wrinkled, whitish, or hairy green Leaves, somwhat evenly cut in on the edges, and of a strong sweet scent, growing some near the ground, and some by couples upon stalks. The flowers grow at certain distances with two small Leaves at the Joynts under them, somwhat like unto the flowers of Sage, but smaller, and of a whitish blew colour. The seed is brownish, and somwhat flat, or not so round as the wild. The Roots are blackish, and spread not far, and perish after the seed time. It is usually sown, for it seldom ariseth of its own sowing.*

Place.] This groweth in Gardens.

Time.] It flowreth in *June* and *July*, some a little later than others, and their Seed is ripe in *August*, or thereabouts.

Government and Vertues.] It is under the Dominion of the *Moon*. The Seed is used to be put into the Eyes to clear them from Motes, or other such like things gotten within the Lids to offend them; as also to clear them from white or red spots in them. The Mucilage of the Seed made with Water, and applied to Tumors or Swellings, disperseth and taketh them away; as also draweth forth Splinters, Thorns, or other things gotten into the flesh. The Leaves used with Vinegar either by it self, or with a little Honey, doth help hot Inflamations; as also Boyls, Felons, and the hot Inflamations that are gathered by their pains, if it be applied before they be grown too great. The Pouder of the dried Root put into the Nose, provoketh Sneezing, and thereby purgeth the Head and Brain of much Rhewm and Corruption. The Seed or Leaves taken in Wine, provoketh to Venery. It is of much use both for Men and Women that have weak Backs, to help to strengthen the Reins, used either by it self, or with other Herbs conducing to the same effect,

Eye, Swellings, Splinters, Thorns, Inflamations, Boyls, Felons, Head, Brain, Lust provokes, Back, Terms provokes.

effect, and in Tanſies often. The freſh Leaves dipped in a Batter of Flower, Eggs, and a little Milk, and fryed in Butter, and ſerved to the Table, is not unpleaſant to any, but exceeding profitable for thoſe that are troubled with weak Backs, and the effects thereof. The Juyce of the Herb put into Ale or Beer, and drunk, bringeth down Womens Courſes, and expelleth the Afterbirth. *Afterbirth.*

It is an uſual courſe with many men when they have gotten the running of the Reins, or women the Whites, then run to the Buſh of Clary, Maid, bring hither the frying Pan, fetch me ſome Butter quickly, then to eating fryed Clary, juſt as Hogs eat Acorns, and this they think will cure their Diſeaſe (forſooth) whereas when they have devoured as much Clary as will grow upon an Acre of ground, their Backs are as much the better as though they had piſſed in their ſhooes, nay, perhaps much worſe.

We will grant that Clary ſtrengthens the Back, but this we deny, That the cauſe of the Running of the Reins in Men, or the Whites in Women lies in the Back (though the Back may ſomtimes be weakned by them) and therefore the Medicine is as proper, as for me when my Toe is ſore to lay a Plaiſter to my Noſe.

Wild Clary.

WIld Clary is moſt blaſphemouſly called Chriſts-Eye, becauſe it cures Diſeaſes of the Eyes. I could wiſh from my very Soul, Blaſphemy, Ignorance, and Tyranny were ceaſed amongſt Phyſitians, that they might be happy, and I joyful.

Deſcription.] *It is like the other Clary, but leſſer, with many ſtalks about a foot and an half high. The ſtalks are ſquare, and ſomething hairy. The Flowers of a blewiſh colour. He that knows the common Clary, cannot be ignorant of this.*

Place.] It grows commonly in this Nation, in barren places: you may find it plentifully if you look in the Fields near *Grayes-Inn*, and the Fields near *Chelſey*.

Time.] They flower from the beginning of *June*, to the later end of *Auguſt*.

Government and Vertues.] It is ſomething hotter and drier than the Garden-Clary is: yet nevertheleſs under the Dominion of the *Moon*, as well as that: the ſeeds of it being beaten to Pouder, and drunk with Wine, is an admirable help to provoke Luſt. A Decoction of the Leaves being drunk, warms the Stomach, and 'tis a wonder if it ſhould not, the Stomach being *Cancer*, the Houſe of the *Moon*. Alſo it helps digeſtion, ſcatters congealed blood in any part of the body, and helps dimneſs of ſight. The diſtilled Water thereof cleanſeth the Eyes of redneſs, wateriſhneſs, and heat, 'tis a gallant Remedy for dimneſs of ſight, to take one of the Seeds of it, and put into the Eye, and there let it remain while it drops out of it ſelf, the pain of it will be nothing to ſpeak on; it will cleanſe the Eyes of all filthy and putrified matters,

Luſt provoketh, congealed Blood, cold Stomach, ſore Eyes, Films in the Eyes, Indigeſtion,

matters, and in often repeating of it, will take off a Film which covereth the sight, a handsomer, safer, and easier Remedy a great deal than to tear it off with a Needle.

Cleavers.

IT is also called Aparine, Goos-share, Goos-grass, and Clavers.

Descript.] *The common Cleavers hath divers very rough square stalks, not so big as the Tag of a Point, but rising up to be two or three yards high sometimes, if it meet with any tall Bushes or Trees whereon it may climb (yet without any claspers) or else much lower, and lying upon the ground full of Joynts, and at every one of them shooteth forth a branch, besides the Leaves thereat, which are usually six, set in a round compass like a Star, or the Rowel of a Spur: from between the Leaves at the Joynts towards the tops of the branches, come forth very small white Flowers at every end upon small threddy footstalks, which after they are fallen, there do shew two small, round, rough seeds, joyned together like two Testicles, which when they are ripe, grow hard and whitish, having a little hole on the side somewhat like unto a Navel. Both Stalks, Leaves, and Seeds are so rough, that they will cleave to any thing shall touch them. The Root is small and very threddy, spreading much in the ground, but dieth every year.*

Place. It groweth by the Hedg and Ditch-sides in many places of this Land, and is so troublesom an Inhabitant in Gardens, that it rampeth upon, and is ready to choak whatever grows next it.

Time. It flowreth in *June* and *July*, and the Seed is ripe, and falleth again in the end of *July* or *August*, from whence it springeth up again, and not from the old Roots.

Government and Vertues. It is under the Dominion of the *Moon*. The Juyce of the Herb, and the Seed together taken in Wine, helpeth those that are bitten with an Adder, by preserving the Heart from the Venom. It is familiarly taken in Broth to keep them lean and lank that are apt to grow fat. The distilled Water drunk twice a day, helpeth the yellow Jaundice, and the Decoction of the Herb in Experience is found to do the same, and stayeth Lasks and bloody Fluxes. The Juyce of the Leaves, or they a little bruised, and applied to any bleeding Wound, stayeth the bleeding. The Juyce is also very good to close up the lips of green Wounds; and the Pouder of the dried Herb strewed thereupon, doth the same, and likewise helpeth old Ulcers. Being boyled with Hogs grease, it healeth all sorts of hard Swellings or Kernels in the Throat, being anointed therewith. The Juyce dropped into the Ears, taketh away the pains of them.

Venemous Beasts, Heart, Fatness, Yellow Jaundice, Flux, bloody Flux, Wounds, Ulcers, Swellings, King's-Evil, pain in the Ears.

It is a good Remedy in the Spring, eaten (being first chopped small, and boyled well) in Water-gruel, to cleanse the blood, and strengthen the Liver, thereby keeping the body in health, and fitting it for that change of Season that is coming.

CLOWNS

Clowns Woundwort.

Descript. *IT groweth up sometimes to three or four foot high, but usually about two foot, with square, green, rough stalks, but slender, Joyned somewhat far asunder, and two very long, and somewhat narrow, dark, green Leaves bluntly dented about the edges, thereat, ending in a long point. The Flowers stand toward the tops compassing the stalks at the Joynts with the Leaves, and end likewise in a spiked top, having long and much open gaping hoods of a purplish red color, with whitish spots in them standing in somewhat rough Husks, wherein afterwards stand blackish round Seeds. The Root is composed of many long strings, with some tuberous long knobs growing among them, of a pale yellowish or whitish color, yet at some times of the year these knobby Roots in many places are not seen in the Plant: The whole Plant smelleth somewhat strongly.*

Place, It groweth in sundry Countries of this Land, both North and West, and frequently by Path sides in the Fields near about *London*, and within three or four miles distance about it, yet usually growes in or near Ditches.

Time. It flowreth in *June* and *July*, and the Seed is ripe soon after.

Government and Vertues. It is under the Dominion of the Planet *Saturn*. It is singularly effectual in all fresh and green Wounds, and therefore beareth not this name for naught. And is very available in stanching of Blood, and to dry up the fluxes of Humors in old fretting Ulcers, Cancers, &c. that hinder the healing of them.

Wounds, Ulcers, Blood, Cancers, Bloody Flux, Vessels broken, Ruptures, spitting, pissing, and Vomiting Blood, Veins swelled, Muscles cut.

A Syrup made of the Juyce of it is inferior to none for inward Wounds, Ruptures of Veins, Bloody Flux, Vessels broken, spitting, pissing, or vomiting Blood: Ruptures are excellently and speedily, even to admiration, cured by taking now and then a little of the Syrup, and applying an Oyntment or Plaister of the Herb to the Place. Also if any Vein be swelled, or Muscle cut, apply a plaister of this Herb to it, and if you add a little Comfry to it, it will not do amiss: I assure thee the Herb deserves Commendations though it have gotten but a Clowniſh Name, and whoever reads this (if he try it as I have done) will commend it as well as I. I have done, only take notice, That it is of a dry Earthy quality.

To cure all Diseases, read my *Riverius*, *Riolanus*, *Johnston*, *Sennertus*, *&c.*

Cocks-Head, Red Fitchling, *or* Medick Fetch.

Description. *THis hath divers weak, but rough Stalks, half a yard long, leaning downwards, beset with winged Leaves, longer and more pointed than those of Lentiles, and whitish underneath, from the tops of these Stalks arise up other slender Stalks, naked without Leaves unto the tops, where there grow many small Flowers in manner of a*

Spike of a pale reddish color, with some blewness among them: after which rise up in their places, round, rough, and somewhat flat heads. The Root is tough and somewhat woody, yet liveth, and shooteth anew every year.

Place. It groweth under Hedges, and sometimes in the open Fields, in divers place of this Land.

Time. They flower all the Moneths of *July* and *August*, and the Seed ripeneth in the mean while.

Knots and Kernels in the Flesh. Strangury, Milk in Cattel.

Government and Vertues. It is under the Dominion of *Venus*. It hath power to ratifie and digest, and therefore the green Leaves bruised and laid as a Plaister disperseth Knots, Nodes, or Kernels in the flesh; and if when it is dry, it be taken in Wine, it helpeth the strangury; and being anointed with Oyl, it provoketh sweat. It is a singular food for Cattel, to cause them to give store of Milk, and why then may it not do the like being boyled in ordinary drink of Nurses.

Colombines.

THese are so well known, growing almost in every Garden, that I think I may save the expence of time in writing a Description of them.

Time. They flower in *May*, and abide not for the most part when *June* is past, perfecting their seed in the mean time.

Sore mouths and throats, Obstructions, Yellow Jaundies, Womens travel, Stone.

Government and Vertues. It is also an Herb of *Venus*. The Leaves of Columbines are commonly used in Lotions with good successe for sore Mouths and Throats: *Tragus* saith, That a dram of the seed taken in Wine with a little Saffron, openeth obstructions of the Liver, and is good for the yellow Jaundies if the party after the taking thereof be laid to sweat well in the bed: The seed also taken in Wine causeth a speedy Delivery of Women in Child-birth, if one draught suffice not, let her drink a second, and it is effectual. The *Spaniards* use to eat a piece of the Root hereof in a morning fasting, many daies together to help them being troubled with the stone in the Reins or kidneys. To cure all Diseases, read my *Riverius*, *Riolanus*, *Sennertus*, &c.

Coltsfoot.

CAlled also Cough-wort, Foals-foot, Horse-hoof, and Bulls-foot.

Descript. *This shooteth up a slender stalk with small yellowish Flowers somewhat early, which fall away quickly: and after they are past, come up somewhat round Leaves, sometimes dented a little about the edges, much lesser, thicker, and greener, than those of Butter-bur, with a little Down or freeze over the green Leaf on the upper side, which may be rubbed away, and whitish or mealy underneath. The Root is small and white, spreading much under ground, so that where it taketh it will hardly be driven away again, if any little piece be abiding therein; and from thence springeth fresh Leaves.*

Place. It groweth as well in wet grounds, as in drier places.

Time. And flowreth in the end of *February*, the Leaves beginning to appear in *March*.

Govern-

Government and Vertues. The Plant is under *Venus*. The freſh Leaves or juyce, or a ſyrup made thereof, is good for a hot dry Cough, for wheezings and ſhortneſs of breath. The dry Leaves are beſt for thoſe that have thin Rheums, and Diſtillations upon their Lungs, cauſing a Cough, for which alſo the dried Leaves taken as Tobacco, or the Root, is very good. The diſtilled Water hereof ſimply, or with Elder Flowers and Nightſhade, is a ſingular Remedy againſt all hot Agues, to drink two ounces at a time, and apply cloaths wet therein to the head and ſtomach; which alſo doth much good being applied to any hot Swellings or Inflamations; it helpeth St. *Anthonies* fire, and Burnings, and is ſingular good to take away Wheals, and ſmall Puſhes that ariſe through heat: as alſo the burning heat of the Piles, or privy parts, cloaths wet therein being thereunto applied.

Cough, Wheezing, ſhortneſs of breath, Agues, Inflamations, Swelling, St. Anthonies fire, Burnings, Cholerick puſhes, piles, Inflamations in the privities.

Comfry.

Deſcript. *THe common great Comfry hath divers very large and hairy green Leaves lying on the ground, ſo hairy or prickly that if they touch any tender part of the Hands, Face, or Body, it will cauſe it to itch: the Stalk that riſeth up from among them being two or three foot high, hollow and cornered, is very hairy alſo, having many ſuch like Leaves as grow below, but leſſer and leſſer up to the top. At the joynts of the Stalk, it is divided into many Branches with ſome Leaves thereon, and at the ends ſtand many flowers in order one above another, which are ſomewhat long and hollow like the finger of a Glove, of a pale whitiſh color, after which come ſmall black ſeed. The Roots are great and long, ſpreading great thick branches under ground, black on the outſide, and whitiſh within, ſhort or eaſie to break, and full of a glutinous or clammy juyce of little or no taſte at all.*

There is another ſort in all things like this, ſave only it is ſomewhat leſs, and beareth flowers of a pale purple color.

Place. They grow by Ditches, and Water-ſides, and in divers Fields that are moiſt, for therein they chiefly delight to grow. The firſt generally through all the Land, and the other but in ſome ſeveral places.

By the leave of my Authors, I know the firſt grow often in dry places.

Time. They flower in *June* and *July*, and give their ſeed in *Auguſt*.

Government and Vertues. This is alſo an Herb of *Saturn*, and I ſuppoſe under the Sign *Capricorn*, cold, dry, and earthly in quality.

What was ſpoken of Clowns Woundwort, may be ſaid of this. The great Comfry helpeth thoſe that ſpit blood, or make a bloody Urin: The Root boyled in Water and Wine, and the Decoction drunk, helpeth all inward hurts, bruiſes, and wounds, and Ulcers of the Lungs, cauſing the flegm that oppreſſeth them to be eaſily ſpit forth: It ſtayeth the defluxions of Rheum from the Head upon the Lungs, the fluxes of blood or Humors

Spitting & piſſing Blood, Inward Wounds & bruiſes, phtiſick.

by

Bloody Flux, Terms stops, Whites, Nerves cut, Muscles cut, sharp Humors, Wounds, Ruptures, broken Bones, Knotted Breasts, Hemorrhoids, Inflamation, Gout, Pained Joynts, Gangrens.

by the Belly, Womens immoderate Courses, as well the Reds as the Whites; and the Running of the Reins hapning by what cause soever. A Syrup made therof is very effectual for all those inward Griefs and Hurts; and the distilled Water for the same purpose also, and for outward Wounds and Sores in the Fleshy or Sinewy part of the Body whatsoever; as also to take away the fits of Agues, and to allay the sharpness of Humors. A Decoction of the Leaves hereof is available to all the purposes, though not so effectual as the Roots. The Roots being outwardly applied, helpeth fresh wounds or cuts immediatly, being bruised and laid thereunto; and is especially good for Ruptures and broken bones: yea, it is said to be so powerfull to consolidate and knit together; that if they be boiled with dissevered pieces of flesh in a pot, it will joyn them together again. It is good to be applied to Womens Breasts that grow sore by the abundance of Milk coming into them. As also to repress the overmuch bleeding of the Hemorrhoids, to cool the Inflamation of the parts thereabouts, and to give ease of pains. The Roots of Comfry taken fresh, beaten small, and spread upon Leather, and laid upon any place troubled with the Gout, doth presently give ease of the pains; and applied in the same manner, giveth ease to pained joynts, and profiteth very much for running and moist Ulcers, Gangrenes, Mortifications, and the like, for which it hath by often experience been found helpful.

Coralwort.

IT is also called by some, Toothwort, Toothed Violet, Dog-teeth Violet, and Dentaria.

Descript. *Of the many sorts of this Herb, two of them may be found growing in this Nation: The first of which shooteth forth one or two winged Leaves upon long brownish Footstalks, which are doubled down at their first comming out of the ground: when they are fully opened they consist of seven Leaves, most commonly of a sad green color, dented about the edges, set on both sides the middle Rib one against another as the Leaves of the Ash-tree: the stalk beareth no Leaves on the lower half of it, the upper half beareth sometimes three or four, each consisting of five Leaves, sometimes but of three: on the top stand four or five flowers upon short Footstalks, with long Husks: the flowers are very like the flowers of Stock Gilliflowers, of a pale purplish color consisting of four Leaves apiece, after which come small Cods which contain the seed, the Root is very smooth, white, and shining, it doth not grow downwards, but creeping along under the upper crust of the ground, and consisteth of divers small round knobs, set together: toward the top of the stalk there grow some single Leaves, by each of which commeth a small round cloven Bulb, which when it is ripe, if it be set in the ground, it will grow to be a Root.*

As for the other Coralwort which groweth in this Nation, 'tis more

scarcy

scarcy than this, being a very small Plant, not much unlike Crowfoot, *therefore some think it to be one of the sorts of* Crowfoot: *I know not where to direct you to it, and therefore I shall forbear the Description.*

Place. The first groweth neer *Mayfield* in *Sussex*, in a Wood called *High-reed*, and in another Wood there also, called *Fox-holes*.

Time.] They flower from the later end of *April* to the middle of *May*, and before the middle of *July* they are gone, and not to be found.

Government and Vertues.] It is under the Dominion of the *Moon*. It cleanseth the Bladder, and provoketh Urin, expels Gravel and the Stone, it easeth pains in the sides and Bowels; it is excellent good for inward wounds, especially such as are made in the Breast or Lungs, by taking a dram of the powder of the Root every morning in Wine; the same is excellent good for Ruptures, as also to stop fluxes: an Oyntment made of it, is excellent good for wounds and ulcers; for it soon dries up the watry Humour which hinders the Cure.

Disury, Gravel, Stone, Sides, Bowels, Wounds in the Breast and Lungs, Rupture, Fluxes, Wounds and ulcers.

Costmary, *or* Alecost, *or* Balsom Herb.

THis is so frequently known to be an Inhabitant in almost every Garden, that I suppose it needless to write a Description thereof.

Time. It flowreth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Jupiter*. The ordinary *Costmary* as well as *Maudlin*, provoketh Urin abundantly, and moistneth the hardness of the Mother; it gently purgeth Choler and Flegm, extenuating that which is gross, and cutting that which is tough and glutinous, cleanseth that which is foul, and hindreth putrefaction and corruption, it dissolveth without Attraction openeth Obstructions, and healeth their evil effects, and is a wonderful help to all sorts of Day Agues. It is astringent to the stomach, and strengtheneth the Liver, and all the other inward parts, and taken in Whey, worketh the more effectually. Taken fasting in the morning, it is very profitable for the pains of the Head that are continual, and to stay, dry up, and consume all thin Rheums, or Distillations from the Head into the stomach, and helpeth much to digest raw humours that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole body called *Cachexia*, being taken especially in the beginning of the Disease: It is an especial friend and help to evil, weak, and cold Livers. The seed is familiarly given to Children for the Worms, and so is the Infusion of the Flowers in White Wine, given them to the quantity of two ounces at a time: it maketh an excellent Salve to cleanse and heal old Ulcers, being boyled with Oyl Olive, and Adders Tongue with it, and after it is strained, to put a little Wax, Rozin, and Turpentine, to bring it into a convenient Body.

Disury, Womb, Choler, Flegm, Putrefaction, Corruption, Obstructions, Quotidian Agues, Stomach, Liver, Head-ach, Rheum, Raw Humours, Cachexia, Worms, ulcers.

Cudweed,

Cudweed, *or* Cottonweed.

BEsides *Cudweed* and *Cottonweed*, it is also called *Chafweed*, *Dwarf Cotton*, and *Petty Cotton*.

Description. *The common* Cudweed *riseth up but with one Stalk sometime, and sometimes with two or three, thick set on all sides with small, long, and narrow whitish or woody Leaves, from the middle of the stalk almost up to the top; with every Leaf standeth a small Flower, of a dun or brownish yellow colour, or not so yellow as others; in which Herbs, after the Flowers are fallen, come small seed wrapped up with the down therein, and is carried away with the wind. The Root is small and threddy.*

There are other sorts hereof, which are somewhat lesser than the former, not much different, save only that the stalk and leaves are shorter, so the flowers are paler, and more open.

Place.] They grow in dry, barren, sandy, and gravelly Grounds, in most places of this Land.

Time.] They flower about *July*, some earlier, some later, and their seed is ripe in *August*.

Government and Vertues.] *Venus* is Lady of it. The Plants are all astringent, or binding and drying, and therefore profitable for deflections of Rheum from the Head, and to stay fluxes of Blood whersoever. The Decoction being made into red Wine and drunk, or the Powder taken therein; it also helpeth the Bloody flux, and easeth the torments that come thereby, stayeth the immoderate Courses of Women, and is also good for inward or outward Wounds, Hurts, and Bruises, and helpeth Children both of Burstings and the Worms; and the Disease called *Tenasmus*, which is an often provocation to the stool, and doing nothing, being either drunk or injected: The green leaves bruised and laid to any green wound, stayeth the bleeding, and healeth it up quickly: The Decoction or Juyce thereof doth the same, and helpeth all old and filthy Ulcers quickly; The Juyce of the Herb taken in Wine and Milk is (as *Pliny* saith) a sovereign Remedy against the Mumps and Quinsie; and further saith, That whosoever shall so take it, shall never be troubled with that Disease again.

Bind, dry, Fluxes, Terms ill stopped, Raptures, Worms, Tenasmus, Wounds, Bleeding, Ulcers, Quinsie.

Cowslips, *or* Peagles.

BOth the Wild and Garden *Cowslips* are so well known, that I will neither trouble my self nor the Reader with any Description of them.

Time.) They flower in *April* and *May*.

Government and Vertues.) *Venus* layes claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough the Oyntment or distilled Water of it, adds Beauty, or at least restores it when it is lost. The flowers are held to be more effectual than the leaves, and the roots of little use. An Oyntment being made with them, taketh away spots, and wrinkles of the Skin, Sunburning

Spots, Wrinkles, Sun-burn.

ning and Freckles, and adds Beauty exceedingly: they remedy all infirmities of the Head coming of Heat and Wind, as Vertigo, Ephialtes, Falſe Apparitions, Frenſies, Falling-ſickneſs, Palſies, Convulſions, Cramps, Pains in the Nerves. The Roots eaſe pains in the Back and Bladder, and open the paſſages of Urin: The Leaves are good in Wounds, and the Flowers take away trembling: If the Flowers be not well dried and kept in a warm place, they will ſoon putrifie and look green, have a ſpecial Eye over them: If you let them ſee the Sun once a Month, it will do neither the Sun nor them harm.

Head, Heat, Wind, Beauty adds, Vertigo, Ephialtes, Convulſion, Cramp, Back, Bladder, Wounds, Trembling, Frenzy, Falling-ſickneſs, Palſie.

Becauſe they ſtrengthen the Brain and Nerves, and remedy Palſies, the Greeks gave them the name *Paraliſis*; The Flowers preſerved or conſerved, and the quantity of a Nutmeg eaten every morning, is a ſufficient Doſe for inward Diſeaſes; but for Wounds, Spots, Wrinkles, and Sun-burning, an Oyntment is made of the Leaves and Hogs-greaſe.

Crabs-Claws.

CAlled alſo Water Sengreen, Knights Pondwort, Water Houſleek-Wading Pondweed, and Freſh Water Souldier.

Deſcription. *It hath ſundry long narrow Leaves with ſharp prickles on the edges of them, alſo very ſharp pointed; the ſtalks which bear flowers, ſeldom grow ſo high as the Leaves, bearing a forked head like a Crabs Claw, out of which comes a white flower, conſiſting of three Leaves, with divers yellowiſh hairy threds in the middle: it taketh Root in the mud in the bottom of the Water.*

Place.] It groweth plentifully in the Fens in *Lincolnſhire*.

Time.] It flowers in *June*, and uſually from thence till *Auguſt*.

Government and Vertues.] 'Tis a Plant under the Dominion of *Venus*, and therefore a great ſtrengthener of the Reins; it is excellent good in that Inflamation which is commonly called St. *Anthonies* fire, it aſſwageth all Inflamations and Swelling in Wounds, and an Oyntment made of it is excellent good to heal them: there is ſcarce a better Remedy growing than this is, for ſuch as have bruiſed their Kidneys, and upon that account piſſing blood: a dram of the powder of the Herb taken every morning is a very good Remedy to ſtop the Terms.

Reins, St. Anthonies fire. Inflamations and ſwellings in Wounds, Kidneys bruiſed, Piſſing blood, Terms ſtops.

Back-Creſſes.

Deſcript.] *IT hath long Leaves deeply cut and jagged on both ſides, not much unlike wild Muſtard; the ſtalks be ſmall, very limber, though very tough, you may twiſt them round, as you may a willow before they break: The flowers be very ſmall and yellow, after which come ſmall Cods, which contain the Seed.*

Place.] It is a common Herb, grows uſually by the way ſides, and ſometimes

times upon mud Walls about *London*, but it delights most to grow amongst stones and rubbish.

Time. It flowers in *June* and *July*, and the Seed is ripe in *August* and *September.*

Brain, Rheums, lungs, cough, Yell. Jaund. Sciatica, Inflamations in the Breast and Testicles.

Government and Vertues. 'Tis under the Dominion of *Mars*, and is is a Plant of a hot and biting nature: the truth is, the Seed of Bank-Cresses strengthens the Brain exceedingly, being in performing that office little inferior to Mustard Seed, if at all: they are excellent good to stay those Rhewms which fall down from the Head upon the Lungs: You may beat the Seed into powder if you please, and make it up into an Electuary with Honey, so have you an excellent Remedy by you, not only for the premises, but also for the Cough, yellow Jaundies & Sciatica. The Herb boyled into a Pultis, is an excellent Remedy for Inflamations, both in Womens Breasts, and Mens Testicles. For cure of all Diseases, read my *Riverius*, *Rolanus*, *Johnston*, *Vesslingius*, &c.

Sciatica-Cresses.

Descript. *These are of two kinds: The first riseth up with a round stalk about two foot high, spread into divers Branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut, or torn on the edges, somewhat like Garden-Cresses, but smaller: The flowers are small and white, growing at the tops of the Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in taste, more than the Cresses of the Garden: The Root is long, white, and woody.*

The other hath the lower Leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply acuted about the edges towards the ends, but those that grow up higher are lesser. The Flowers and seed are like the former, and so is the Root likewise: and both Root and seed as sharp as it.

Place. These grow by the way sides in untilled places, and by the sides of old Walls.

Time. They flower in the end of *June*, and their seed is ripe in *July.*

Sciatica, Gout, Head-ach, Rheums, Spleen, Scars, Leprosie, Scurf, Scabs.

Government and Vertues. It is a Saturnine Plant. The Leaves, but especially the Root taken fresh in the Summer time, beaten and made into a Pultis or Salve, with old Hogs Grease, and applied to the place pained with the Sciatica, to continue theron four hours if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine and Oil mixed together, and then wrapped with wool or skins after they have sweat a little, will assuredly cure not only the same Disease in the Hips, Hucklebone, or other of the Joynts, as the Gout in the Hands or Feet, but all other old Griefs of the Head (as inveterate Rhewms) and other parts of the Body that is hard to be cured: And if of the former Griefs any part remain; the same Medicine after twenty

daies

dayes is to be applied again. The ſame is alſo effectual in the Diſeaſes of the Spleen: and applied to the Skin, it taketh away the blemiſhes thereof, whether they be Scars, Leproſie, Scabs, or Scurf, which although it exulcerate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax. Eſteem of this as another Secret.

Water-Creſſes.

Deſcript.] *Our ordinary* Water-Creſſes *ſpread forth with many weak, hollow, ſappy ſtalks, ſhooting out Fibres at the joynts, and upwards, long winged Leaves, made of ſundry broad, ſappy, and almoſt round Leaves, of a browniſh green colour. The Flowers are many and white, ſtanding on long Foot-ſtalks, after which come ſmall yellow Seed, contained in ſmall long pods like Horns. The whole plant abideth green in the Winter, and taſteth ſomewhat hot and ſharp.*

Place.] They grow (for the moſt part) in the ſmall ſtanding Waters, yet ſometimes in ſmall Rivulets of running Water.

Time.] They flower and ſeed in the beginning of Summer.

Government and Vertues.] It is an Herb under the Dominion of the *Moon*. They are more powerful againſt the Scurvy, and to cleanſe the Blood and Humours than Brooklime is, and ſerve in all the other uſes in which Brooklime is available, as to break the Stone, and provoke Urin, and Womens Courſes. The Decoction thereof cleanſeth Ulcers by waſhing them therewith: The Leaves bruiſed, or the Juyce, is good to be applied to the Face, or other parts troubled with Freckles, Pimples, Spots, or the like, at night, and waſhed away in the morning. The Juyce mixed with Vinegar, and the fore part of the Head bathed therewith, is very good for thoſe that are dull and drouſie, or have the Lethargy.

Scurvy, Blood, Humours, ſtone, Diſury, Terms provokes, ulcers, Freckles, Pimples, Spots, Dulneſs, Lethargy.

Water-Creſs Pottage is a good Remedy to cleanſe the Blood in the Spring, and help Head-aches, and conſume the groſs humours Winter hath left behind; thoſe that would live in health may uſe it if they pleaſe, if they will not, I cannot help it: If any fancy not Pottage, they may eat the Herb as a Sallet.

Croſswort.

Deſcript. *Common* Croſs-wort *groweth up with ſquare, hairy, brown Stalks, little above a foot high, having four ſmall broad and pointed hairy, yet ſmooth green Leaves, growing at every joynt, each againſt other croſs-wayes, which hath cauſed the Name: Toward the tops of the ſtalks at the Joynts with the Leaves in three or four rows outwards, ſtand ſmall, pale, yellow Flowers; after which come ſmall, blackiſh, round Seed, four for the moſt part ſet in every Husk. The Root is very ſmall and full of fibres, or threds, taking good hold of the ground, and ſpreading with the Branches a great deal of ground, which periſh not in Winter, although the Leaves die every year, and ſpring again a-new.*

Place,

Place.] It groweth in many moiſt grounds, as well Meadows, as untilled places about *London*: in *Hamſted* Church-yard, at *Wye* in *Kent*, and ſundry other places.

Time.] It flowereth from *May* all the Summer long in one place or other, as they are more open to the Sun; the Seed ripeneth ſoon after.

Wounds, inward, & outward, Flegm, Obſtructions, Stomach, Bowels, Ruptures.

Government and Vertues.] It is under the Dominion of *Saturn*. This is a ſingular good Wound Herb, and is uſed inwardly, not only to ſtay bleeding of Wounds, but to conſolidate them, as it doth outwardly any green Wounds, which it quickly ſodereth up and healeth. The Decoction of the Herb in Wine, helpeth to expectorate flegm out of the Cheſt, and is good for Obſtructions in the Breaſt, Stomach, or Bowels, and helpeth a decayed Appetite: It is alſo good to waſh any Wound or Sore with, to cleanſe and heal it: The Herb bruiſed, and then boyled and applied outwardly for certain dayes together, renewing it often, and in the mean time, the Decoction of the Herb in the Wine taken inwardly every day, doth certainly cure the Rupture in any, ſo as it be not too inveterate; but very ſpeedily if it be freſh and lately taken.

Crowfoot.

MAny are the Names this furious biting Herb hath obtained, almoſt enough to make up a Welch-mans Pedegree, if he fetch it no further than *John* of *Gaunt*, or *William* the Conqueror, for it is called Frogs-foot, from the Greek Name *Batrakion*, Crowfoot, Gold Knobs, Gold Cups, King Kob, Baſſiners, Trol-flower, Polts, Locker Goulons, and Butter-flowers.

Abundance are the Sorts of this Herb, that to deſcribe them all, would tire the patience even of *Socrates* himſelf; but becauſe I have not yet attained to the Spirit of *Socrates*, I ſhall but deſcribe the moſt uſual.

Deſcript.] *The moſt common* Crowfoot *hath many dark green Leaves cut into divers parts, in taſt biting and ſharp; biting and bliſtering the Tongue, it bears many flowers; and thoſe of a bright reſplendent yellow colour, I do not remember that ever I ſaw any thing yellower; Virgins in Ancient time uſed to make Powder of them to ſtrew Bride-Beds: after which Flowers come ſmall Heads of Seeds, round, but rugged like a* Pine-Apple.

Place. They grow very common every where, unleſs you run your Head into a Hedge, you cannot but ſee them as you walk.

Time. They flower in *May* and *June*, even till *September*.

Government and Vertues.] This fiery and hot ſpirited Herb of *Mars* is no way fit to be given inwardly, but an Oyntment of the Leaves or Flowers will draw a Bliſter, and may ſo be fitting applied to the nape of the Neck to draw back Rheum from the Eyes: The Herb being bruiſed and mixed with a little Muſtard, draws a Bliſter as well and as perfectly as *Cantharides*, and with far leſs danger to the Veſſels of Urin, which *Cantharides* naturally delights to wrong: I knew the Herb once applied to a Peſti-

lential

lential riſing that was falling down, and it ſaveth life even beyond hope; it were good keeping an Oyntment and Plaiſter of it, if it were but for that.

Cuckowpint.

IT is called *Aron*, *Jarus*, and *Barba-aron*, *Calves-foot*, *Ramp*, *Starchwort*, *Cuckow-pintle*, *Prieſt-pintle*, and *Wake-Robin*.

Deſcript.] *This ſhooteth forth three, four, or five Leaves at the moſt, from one Root, every one whereof is ſomewhat large and long, broad at the bottom next the ſtalk, and forked, but ending in a point, without cut on the edges, of a full green colour, each ſtanding upon a thick round Stalk, of a hande breadth long, or more: among which after two or three months that they begin to wither, riſeth up a bare, round, whitiſh green Stalk, ſpotted and ſtraked with purple, ſomewhat higher than the Leaves: at the top whereof ſtandeth a long hollow hoſe or husk, cloſe at the bottom, but open from the middle upwards, ending in a point; in the middle whereof ſtandeth a ſmall long peſtle or clapper, ſmaller at the bottom than at the top, of a dark purple colour as the Husk is on the inſide, though green without; which after it hath ſo abidden for ſome time, the Husk with the clapper decayeth, and the foot or bottom thereof groweth to be a ſmall long bunch of Berries, green at the firſt, and of a yellowiſh red colour when they are ripe, of the bigneſs of an Hazel Nut Kernel; which abideth thereon almoſt until Winter: The Root is round and ſomewhat long, for the moſt part lying along, the Leaves ſhooting forth at the bigger end, which when it beareth his Berries, is ſomewhat wrinkled and looſe, another growing under it, which is ſolid and firm with many ſmall thrids hanging thereat: The whole Plant is of a very ſharp biting taſt, pricking the Tongue as Nettles do the Hands, and ſo abideth for a great while without alteration: The Root hereof was anciently uſed inſtead of Starch, to ſtarch Linnen withal.*

There is another ſort of Cuckowpint, *with leſſer Leaves than the former, and ſomewhat harder, having blackiſh ſpots upon them, which for the moſt part abide longer green in Summer than the former; and both Leaves and Roots are more ſharp and fierce than it: In all things elſe it is like the former.*

Place. Theſe two ſorts grow frequently almoſt under every Hedge ſide in many places of this Land.

Time.] They ſhoot forth Leaves in the Spring, and continue but until the middle of Summer, or ſomewhat later, their Husks appearing before they fall away; and their fruit ſhewing in *April*.

Government and Vertues.] It is under the Dominion of *Mars*. *Tragus* reporteth that a dram weight, or more if need be, of the ſpotted *Wake-Robin*, either freſh and green, or dried, being beaten and taken, is a moſt preſent and ſure Remedy for Poyſon and the Plague. The juyce of the Herb taken to the quantity of a ſpoonful hath the ſame effect. But if there be a little Vinegar added thereunto as well as unto the Root aforeſaid, it ſomewhat allayeth the ſharp biting Taſt thereof upon the Tongue. The green Leaves bruiſed, and laid upon any Boyl or Plague ſore, doth wonderful-

Poyſon, Plague, Boyl, Difficulty of Breath, Cough,

ly help to draw forth the Poyson: A dram of the powder of the dried Root taken with twice so much Sugar in the form of a Licking Electuary, or the green Root doth wonderfully help those that are pursie and short-winded, as also those that have a Cough; it breaketh, digesteth, and riddeth away Flegm from the Stomach, Chest, and Lungs. The Milk wherein the Root hath been boyled, is effectual also for the same purpose. The said powder taken in Wine or other Drink, or the Juyce of the Berries, or the Powder of them, or the Wine wherein they have been boyled, provoketh Urin, and bringeth down Womens Courses, and purgeth them effectually after Child-bearing to bring away the After-birth. Taken with Sheeps Milk, it healeth the inward Ulcers of the Bowels. The distilled water hereof is effectual to all the purposes aforesaid: A spoonful taken at a time healeth the Itch; and an ounce or more taken at a time for some dayes together, doth help the Rupture: The leaves either green or dry, or the juyce of them, doth cleanse all manner of rotten and filthy Ulcers in what parts of the Body soever, and healeth the stinking sores in the Nose called *Polipus*. The water wherein the Root hath been boyled dropped into the Eyes, cleanseth them from any film or skin, Clouds or Mists which begin to hinder the sight, and helpeth the watering or redness of them; or when by some chance they become black and blew. The Root mixed with Bean Floure, and applied to the Throat or Jaws that are inflamed, helpeth them. The Juyce of the Berries, boyled in Oyl of Roses, or beaten into Powder mixed with the Oyl, and dropped into the Ears, easeth pains in them. The Berries, or the Roots beaten with hot Ox-Dung, and applied, easeth the pains of the Gout. The Leaves and Roots boyled in Wine with a little Oyl, and applied to the Piles, or the falling down of the Fundament, easeth them; and so doth sitting over the hot fumes thereof. The fresh Roots bruised, and distilled with a little Milk, yieldeth a most Sovereign Water to cleanse the Skin from Scurf, Freckles, Spots or Blemishes whatsoevert therein.

Flegm,
Dissury,
Terms provoked,
After-birth,
Ulcers,
Itch,
Ruptures,
Polipus,
Eyes,
Throat,
Jaws,
Gout,
Piles, or Hemorrhoids,
Fundament falling down,
Scurf,
Freckles,
Spots,
Blemishes.

Authors have left large Commendation of this Herb you see, but for my part I have neither spoken with Dr. *Reason*, nor Dr. *Experience* about it.

Cucumers, *Or* (*according to the pronuntiation of the Vulgar*) Cowcumbers.

Government and Vertues.

Stomach hot,
Liver hot,
Humours raw,

THere is no Dispute to be made, but that they are under the Dominion of the *Moon*, and though they are so much cryed out against for their coldness, and that if they were but one degree colder they would be poyson. The best of Galenists hold them but to be cold and moist in the Second degree, and then not so hot as either Lettice or Purslain:

ſlain: They are excellent good for hot ſtomachs, and hot Livers; the unmeaſurable uſe of them fills the Body ful of raw Humours; and ſo indeed the unmeaſurable uſe of any thing elſe doth harm. The juyce of Cucumers, the Face being waſhed with it, cleanſeth the skin, and is excellent good for hot Rheums in the Eyes: the ſeed is excellent to provoke Urin, and cleanſe the paſſages thereof when they are ſtopped; neither do I think there is a better Remedy for Ulcers in the Bladder growing, than Cucumers are: The uſual courſe is to uſe the ſeeds in Emulſions, as they make Almond Milk; but a better way far (in my opinion) is this, when the ſeaſon of the year is; To take the Cucumers and bruiſe them well, and diſtill the Water from them, and let ſuch as are troubled with Ulcers in their Bladders, drink no other drink. The Face being waſhed with the ſame Water, cureth the reddeſt face that is; it is alſo excellent good for Sun-burning, Freckles, and Morphew.

Skin cleanſeth, Hot Rheums in the Eyes, provokes urin, and cleanſe the Paſſages, Ulcers in the Bladder, Red Face, Sun-burning, Freckles, Morphew.

Daiſies.

THeſe are alſo ſo well known to almoſt every Child, that I ſuppoſe it is altogether needleſs to write any Deſcription of them. Take therefore the Vertues of them, as followeth.

Government and Vertues.] The Herb is under the ſign *Cancer*, and under the Dominion of *Venus*, and therefore excellent good for wounds in the Breaſt, and very fitting to be kept both in Oyls, Oyntments, and Plaiſters, as alſo in Syrup. The greater wild Daiſie is a Wound Herb of good reſpect, often uſed in thoſe Drinks or Salves that are for Wounds, either inward or outward. The Juyce or diſtilled Water of theſe, or the ſmall Daiſies, doth much temper the heat of Choler, and refreſheth the Liver, and other inward parts: A Decoction made of them and drunk, helpeth to cure the Wounds made in the hollowneſs of the Breaſt: The ſame alſo cureth all Ulcers and Puſtles in the Mouth or Tongue, or in the ſecret parts. The Leaves bruiſed and applied to the Cods, or to any other parts that are ſwollen and hot, doth diſſolve it, and temper the heat. A Decoction made hereof with Walwort and Agrimony, and the places fomented or bathed therewith warm, giveth great eaſe to them that are troubled with the Palſie, Sciatica, or the Gout: The ſame alſo diſperſeth and diſſolveth the Knots or Kernels that grow in the Fleſh of any part of the Body, and the bruiſes and hurts that come of Falls and blows: They are alſo uſed for Ruptures, and other inward Burnings, with very good ſucceſs. An Oyntment made hereof doth wonderfully help all Wounds that have Inflamations about them, or by reaſon of moiſt Humours having acceſs unto them, are kept long from healing, and ſuch are thoſe for the moſt part that happen to the Joynts of the Arms or Legs. The Juyce of them dropped into the running Eyes of any, doth much help them.

Wounds inward and outward, Choler, Liver, Breaſt, Ulcers, Swellings, Kernels, Bruiſes, Falls, Ruptures, Eur ings, Inflamations.

Dandelyon, *vulgarly called* Piss-a-Beds.

Descript.] IT *is so well known to have many long, and deeply gashed Leaves lying on the ground round about the Head of the Root; the ends of each gash or jag on both sides, looking downwards towards the Root, the middle Rib being white, which broken, yieldeth abundance of bitter Milk, but the Root much more: from among the Leaves, which alwayes abide green, arise many slender, weak, naked foot-stalks, every one of them bearing at the top one large yellow flower, consisting of many rows of yellow Leaves, broad at the points, and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green huske wherein the flower stood, turneth it self down to the stalk, and the head of Down becometh as round as a ball, with long reddish seed underneath, bearing a part of the Down on the Head of every one, which together is blown away with the wind, or may be at once blown away with ones mouth. The Root growing downwards exceeding deep, which being broken off within the ground, will notwithstanding shoot forth again; and will hardly be destroyed where it hath once taken deep Root in the ground.*

Place.] It groweth frequent in all Meadows, and Pasture Grounds.

Time. It flowereth in one place or other almost all the year long.

Government and Vertues.] It is under the Dominion of *Jupiter*. It is of an opening and cleansing quality, and therefore very effectual for the Obstructions of the Liver, Gall, and Spleen, and the Diseases that arise from them, as the Jaundice, and Hypochondriacal passion: It wonderfully openeth the passages of the urin both in young and old: It powerfully cleanseth Apostlaumes, and inward Ulcers in the Uritory Passages, and by the drying and temperate quality, doth afterwards heal them; for which purpose the Decoction of the Roots or Leaves in White Wine, or the Leaves chopped as Pot-herbs with a few Alisanders, and boyled in their broth, is very effectual. And who so is drawing towards Consumption, or an evil disposition of the whole Body, called *Cachexia*, by the use hereof for some time together, shall find a wonderful help. It helpeth also to procure Rest and Sleep to Bodies distempered by the heat of Ague Fits, or otherwise. The distilled Water is effectual to drink in Pestilential Feavers, and to wash the Sores.

Openeth, Cleanseth, Obstructions, Liver, Gall, Spleen, Jaundice, Hypochondriacal Melancholy, Dizzy, Consumption, Cachexia, watching, Heat, Ague, Pestilence.

You see here what Vertues this common Herb hath, and that's the reason the French and Dutch so often eat them in the spring: and now if you look a little further, you may see plainly without a pair of Spectacles, that Foreign Physitians are not so selfish as ours are, but more communicative of the Vertues of Plants to People.

Darnel.

IT is also called *Jurray* and *Wray*; in *Sussex* they call it *Crop*, it being a pestilent Enemy amongst Corn.

Descript.

Deſcript. *This hath all the Winter long, ſundry, long, fat, and rough Leaves which when the Stalk riſeth, which is ſlender and joynted, are narrower, but rough ſtill; on the top groweth a long ſpike, compoſed of many Heads, ſet one above another, containing two or three Husks with ſharp, but ſhort Beards or Awns at the ends; the ſeed is eaſily ſhaped out of the Ear, the Husk it ſelf being ſomewhat tough.*

Place.] The Country Husbandmen do know this too well to grow among their Corn; or in the Borders and Pathwayes of other Fields that are fallow.

Government and Vertues.] It is a malicious Plant of ſullen *Saturn.* As it is not without ſome Vices, ſo hath it alſo many Vertues.

The Meal of *Darnel* is very good to ſtay Gangrenes, and other ſuch like fretting and eating Cankers, and putrid ſores: It alſo cleanſeth the skin of all Leproſies, Morphews, Ringworms, and the like, if it be uſed with Salt and Raddiſh Roots. And being uſed with quick Brimſtone, and Vinegar, it diſſolveth knots and kernels, and breaketh thoſe that are hard to be diſſolved, being boyled in Wine with Pidgeons Dung and Linſeed: A Decoction thereof made with Water and Honey, and the place bathed therewith, is profitable for the Sciatica. Darnel Meal applied in a Pultiſs, draweth forth Splinters and broken Bones in the Fleſh: The red Darnel boyled in red Wine and taken, ſtayeth the Lask and all other fluxes, and Womens bloody Iſſues; and reſtraineth Urin that paſſeth away too ſuddenly.

Gangrenes, Cancers, Leproſie, Morphew, Ring-worms, Sciatica, Thorns, Splinters, Broken Bones, Diabets.

Dill.

Deſcript.] *THe common* Dill *groweth up with ſeldom more than one ſtalk, neither ſo high, nor ſo great uſually as Fennel, being round, and with fewer joynts thereon, whoſe Leaves are ſadder, and ſomewhat long, and ſo like Fennel, that it deceiveth many, but harder in handling, and ſomewhat thicker, and of a ſtronger unpleaſanter ſcent: the tops of the ſtalks have four Branches and ſmaller Umbels of yellow flowers, which turn into ſmall ſeed ſomewhat flatter and thinner than Fennel ſeed. The Root is ſomewhat ſmall and woody, periſhing every year after it hath born ſeed; and is alſo unprofitable, being never put to any uſe.*

Place. It is moſt uſually ſown in Gardens, and grounds for the purpoſe, and is alſo found wild with us in ſome places.

Government and Vertues.] *Mercury* hath the Dominion of the Plant, and therefore to be ſure it ſtrengthens the Brain. The Dill being boyled and drunk, is good to eaſe Swellings and pains, it alſo ſtayeth the Belly, and Stomach from caſting: The Decoction thereof helpeth Women that are troubled with the pains and windineſs of the Mother, if they ſit therein. It ſtayeth the Hiccough, being boyled in Wine, and but ſmelled unto, being tied in a cloth. The ſeed is of more uſe than the Leaves, and more effectual to digeſt raw and viſcous humours, and is uſed in Medicines,

Swellings, Pains, Looſeneſs, Vomiting, Mother, Hiccough, Raw humours,

Wind, Apostums, ulcers, Terms provokes.

dicines that serve to expel wind and the pains proceeding therefrom. The seed being toasted or fryed, and used in Oyls or Plaisters, dissolveth the Impostumes in the Fundament, and dryeth up all moist Ulcers (especially in the secret parts. The Oyl made of Dil is effectual to warm, or resolve Humours and Impostumes, to ease pains, and to procure rest. The Decoction of Dill be it Herb or Seed (only if you boyl the seed, you must bruise it) in white Wine, being drunk, is a gallant expeller of Wind, and provoker of the Terms.

Devils-bit.

Descript.] *This riseth up with a round, green, smooth stalk, about two foot high, set with divers long, and somewhat narrow, smooth, dark, green Leaves, somewhat snip'd about the edges, for the most part, being else all whole and not divided at all, or but very seldom, even to the tops of the Branches, which yet are smaller than those below, with one Rib only in the middle: At the end of each Branch standeth a round Head of many Flowers set together in the same manner or more neatly than the Scabious, and of a more blewish purple colour; which being past, there followeth seed that falleth away. The Root is somewhat thick, but short and blackish with many strings, abiding after seed time many years. This Root was longer, until the Devil (as the Fryars say) bit away the rest of it for spight, envying its usefulness unto Mankind: For sure he was not troubled with any Disease for which it is proper.*

A Learned Tale that cost a dull Fryar seven years study.

There are two other sorts hereof in nothing unlike the former, save that the one beareth white, and the other blush-coloured flowers.

Place.] The first groweth as well in dry Meadows and Fields, as moist, in many places of this Land: But the other two are more rare and hard to meet with, yet they are both found growing wild about *Appledore*, neer *Rye* in *Kent*.

Time.] They flower not usually until *August*.

Government and Vertues.] The Plant is Venereal, pleasing and harmless.

Pestilence, Feavers, Poyson, Venemous Beasts, Bruises, Falls, Clotted Blood, Swellings of the Throat, Mother, wind, Worms, Wounds, Scurf, Itch,

The Herb or Root (all that the Devil hath left of it) being boyled in Wine and drunk, is very powerful against the Plague, and all Pestilential Diseases or Feavers, Poysons also, and the bitings of Venemous Beasts: It also helpeth those that are inwardly bruised by any casualty, or outwardly by falls or blows, dissolving the clotted blood, and the Herb or Root beaten and outwardly applied, taketh away the black and blew Marks that remain in the Skin. The Decoction of the Herb, with Honey of Roses put therein, is very effectual to help the inveterate tumors and swellings of the Almonds and Throat, by often gargling the Mouth therewith. It helpeth also to procure Womens Courses,

and

and eaſeth all pains of the Mother, and to break and diſcuſs Winds therein, and in the Bowels. The Powder of the Root taken in Drink, driveth forth the Worms in the body. The Juyce or diſtilled Water of the Herb is effectual for green Wounds, or old Sores, and cleanſeth the body inwardly, and the Seed outwardly from Sores, Scurf, Itches, Pimples, Freckles, Morphew, or other deformities thereof, but eſpecially if a little Vitriol be diſſolved therein.

Dandriff, Pimples, Freckles, Morphew.

Dock.

MAny kinds of theſe are ſo well known, that I ſhall not trouble you with a Deſcription of them: my Book grows big too faſt.

Government and Vertues. All Docks are under *Jupiter*; of which the red Dock which is commonly called Blood wort cleanſeth the blood, and ſtrengthens the Liver: but the yellow Dock Root is beſt to be taken when either the blood or Liver is afflicted by Choler. All of them have a kind of cooling (but not all alike) drying quality, the Sorrels being moſt cold, and the Bloodworts moſt drying. Of the Bur-Dock I have ſpoken already by himſelf. The ſeed of moſt of the other kinds, whether of the Garden or Field, do ſtay Lasks and Fluxes of all ſorts, the loathings of the ſtomach through Choler, and is helpful to thoſe that ſpit blood. The Roots boyled in Vinegar, helpeth the Itch, Scabs, and breakings out of the skin, if it be bathed therewith. The diſtilled Water of the Herb and Roots hath the ſame Vertue, and cleanſeth the Skin of Freckles, Morphew, and all other ſpots and diſcolourings therein.

Cleanſe the Blood, ſtrengthens the Liver, Flux, Loathing of Meat, Spitting Blood, Scabs, Itch, Freckles, Morph.w.

All Docks being boyled with meat, make it boyled the ſooner: Beſides, Bloodwort is exceeding ſtrengthening the Liver, and procures good blood, being as wholſome a Pot-herb as any grows in a Garden: yet ſuch is the nicety of our times forſooth, that Women will not put it in the Pot, becauſe it makes the Pottage black, Pride and Ignorance (a couple of Monſters in the Creation) preferring Nicety before Health.

Dodder of Time, *or* Epithimum, *and other* Dodders.

Deſcript.] *THis firſt from Seeds giveth Roots in the Ground, which ſhooteth forth thrids or ſtrings, groſſer or finer as the property of the Plant wherein it groweth, and the Climate doth ſuffer, creeping and ſpreading on that Plant whereon it faſtneth, be it high or low. Theſe ſtrings have no Leaves at all upon them, but winde and interlace themſelves ſo thick upon a ſmall Plant, that it taketh away all comfort of the Sun from it, and is ready to choak or ſtrangle it. After theſe ſtrings are riſen up to that height, that they may draw nouriſhment from the Plant, they ſeem to be broken off from the ground, either by the ſtrength of their riſing, or withered by the heat of the Sun, upon theſe ſtrings are found Cluſters of ſmall Heads or Husks, out of which ſtart forth whi-*

tish Flowers, which afterwards give small pale colour'd seed somewhat flat, and twice as big as Poppy seed. It generally participates of the Nature of the Plant which it climbeth upon: but the Dodder of Time is accounted the best, and is the only true Epithimum.

Government and Vertues.] All Dodders are under *Saturn*. Tell not me of Physitians crying up Epithimum, or that Dodder which grows upon Time (most of which comes from *Hymettus* in *Greece*, or *Hibla* in *Sicilia*, because those Mountains abound with Time) he is a Physitian indeed that hath wit enough to chuse his Dodder according to the Nature of the Disease and Humor peccant. We confess, Time is the hottest Herb, it usually grows upon, and therefore that which grows upon Time, is hotter than that which grows upon colder herbs, for it draws nourishment from what it grows upon as well as from the Earth where its Root is: and thus you see old *Saturn* wise enough to have two strings to his Bow. This is accounted the most effectual for melancholick Diseases, and to purge black or burnt Choler, which is the cause of many diseases of the Head and Brain, as also for the trembling of the Heart, Faintings, and Swoonings. It is helpful in all diseases and griefs of the Spleen; and that of Melancholy that ariseth from the windiness of the Hypochondria. It purgeth also the Reins or Kidnies by Urin. It openeth Obstructions of the Gall, whereby it profiteth them that have the Jaundice; as also the Liver and Spleen: purging the Veins of cholerick and flegmatick humors, and helpeth Childrens Agues, a little Wormseed being put thereto.

Melancholy, adust Choler, Trembling, Fainting, Swooning, Spleen, Hypochondria, Obstructions, Gall, Jaundice, Liver, Dysury.

The other Dodders do (as I said before) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West-Country, hath by Experience been found very effectual to procure plenty of Urin, where it hath been stopped or hindered. And so of the rest.

Sympathy and Antipathy are the two Hinges upon which the whole Model of Physick turns, and that Physitian which minds them not, is like a Door off from the Hooks, more likely to do a man a mischief than to secure him. Then all the Diseases *Saturn* causeth, this helps by Sympathy, and strengthens all the parts of the body he rules; such asbe caused by *Sol*, it helps by Antipathy. What those diseases are, see my Judgment of Diseases by Astrology, and if you be pleased to look the Herb Wormwood, you shall find a Rational way for it.

Dogs-Grass, Quich-Grass, *or* Couch-Grass.

Descript.] *IT is well known, that this Grass creepeth far about under ground with long white joynted Roots, and small fibres almost at every joynt very sweet in tast, as the rest of the Herb is, and interlacing one another, from whence shoot forth many long fair grassie Leaves, small at the*

the ends, and cutting or ſharp on the edges. The ſtalks are joyned like Corn with the like Leaves on them, and a long ſpiked Head with a long Huske on them, and hard rough ſeed in them. If you know it not by this Deſcription, watch the Dogs when they are ſick, and they will quickly lead you to it.

Place.] It groweth commonly through this Land in divers ploughed Grounds, to the no ſmall trouble of the Husbandman, as alſo of the Gardiners in Gardens to weed it out if they can: for it is a conſtant Cuſtomer to the place it gets footing in.

Government and Vertues.] 'Tis a gentle Remedy under the Dominion of *Jupiter*. This is moſt medicinable of all the Quich-graſſes: Being boyled and drunk, it openeth Obſtructions of the Liver and Gall, and the ſtopping of the Urin, and eaſeth the griping pains of the Belly, and Inflamations, waſteth the matter of the Stone in the Bladder, and the Ulcers thereof alſo. The Roots bruiſed and applied, do conſolidate Wounds. The Seed doth more powerfully expel Urin, and ſtayeth the Lask, and Vomiting. The diſtilled Water alone, or with a little Wormſeed, killeth the Worms in Children.

Liver, Gall, Diſury, Griping, Inflamation, ulcers, in the Bladder, Wounds, Vomiting, Worms, Stopping.

The way of uſe is to bruiſe the Roots, and having well boyled them in white Wine, drink the Decoction; 'tis opening, but not purging very ſafe: 'tis a Remedy againſt all diſeaſes coming of ſtopping, and ſuch are half thoſe which are incident to the body of man; and although a Gardiner be of another opinion, yet a Phyſitian holds half an Acre of them to be worth five Acres of Carrots twice told over.

Dovesfoot, *or* Cranesbil.

Deſcript. *THis hath divers ſmall, round, pale green Leaves, cut in about the edges, much like Mallows, ſtanding upon long reddiſh hairy ſtalks lying in a round compaſs upon the ground; among which riſe up two or three, or more, reddiſh, jointed, ſlender, weak, and hairy ſtalks, with ſome ſuch like Leaves thereon, but ſmaller, and more cut in up to the tops, where grow many very ſmall, bright red Flowers of five Leaves apiece: after which follow ſmall Heads, with ſmall ſhort beaks pointing forth, as all other ſorts of theſe Herbs do.*

Place.] It groweth in Paſture Gounds, and by the Path-ſides in many places, and will alſo be in Gardens.

Time.] It flowreth in *June*, *July*, and *Auguſt*, ſome earlier, and ſome later, and the Seed is ripe quickly after.

Government and Vertues.] It is a very gentle, though Martial Plant. It is found by Experience to be ſingular good for the Wind-Colick, and pains thereof; as alſo to expel the Stone and Gravel in the Kidnies. The Decoction thereof in Wine, is an excellent good Wound-drink for thoſe that have inward Wounds, Hurts, or Bruiſes, both to ſtay the bleeding, to diſſolve and expel

Colick, Stone, Gravel, Wounds,

Congealed Blood, Sores, Ulcers, Fistulaes, Gout, Sinews, Ruptures.

pel the congealed Blood, and to heal the parts, as also to cleanse and heal outward Sores, Ulcers, and Fistulaes; and for green Wounds many do but bruise the Herb, & apply it to the place, and it healeth them quickly. The same Decoction in Wine fomented to any place pained with the Gout, or to Joynt-aches, or pain of the Sinews, giveth much ease. The Powder, or Decoction of the Herb taken for some time together, is found by experience to be singular good for Ruptures, and Burstings in people, either yong or old.

Ducks-meat.

THis is so well known to swim on the top of standing Waters, as Ponds, Pools, and Ditches, that it is needless further to describe it.

Government and Vertues. *Cancer* claimes the Herb, and the *Moon* will be Lady of it; a word is enough to a wise man. It is effectual to help Inflamations, and St. *Anthonies* fire, as also the Gout, either applied by it self, or in a Pultis with Barley Meal. The distilled Water hereof is by some highly esteemed, against all inward Inflamations, and pestilent Feavers; as also to help the redness of the Eyes, the Swellings of the Cods, and of the Breasts before they be grown too much. The fresh Herb applied to the Forehead, easeth the pains of the Head-ach coming of heat.

Inflamation, St. Anthonies fire, pestilence, Eyes, Swellings of the Cods, Head-ach.

Down, *or* Cotton-Thistle.

Description. *THis hath many large Leaves lying on the ground, somewhat cut in, and as it were crumpled on the edges, of a green colour on the upper side, but covered with long hairy wooll or Cottony Down, set with most sharp and cruel pricks; from the middle of whose Heads of Flowers, thrust forth many purplish, crimson thrids, and sometimes (although more seldom) white ones. The seed that followeth in the heads, lying in a great deal of fine white Down, is somewhat large, long, and round, like the seed of Ladies Thistle, but somewhat paler. The Root is great and thick, spreading much, yet it usually dieth after seed time.*

Place. It groweth on divers Ditches, Banks, and in the Corn Fields, and High-waies generally every where throughout the Land.

Time. It flowreth and beareth Seed about the end of Summer, when other Thistles do flower and seed.

Government and Virtues. *Mars* owns the Plant, and manifests to the World, That though it may hurt your Fingers, it will help your Body, for I fancie it much for these ensuing Vertues. *Pliny* and *Dioscorides* write, That the Leaves and Roots hereof taken in Drink, help those that have a Crick in their Neck, whereby they cannot turn their Neck but their whole Body must turn also (sure they do not mean those that have got a Crick in their Neck, by being under the Hangmans hands) *Galen* saith that the Root and Leaves hereof are of an heating,

Wry Neck,

heating quality, and good for such persons as have their Bodies drawn together by some *Spasm* or Convulsion; as it is with Children that have the Rickets, or rather (as the Colledge of Physitians will have it) the *Rachites*, for which name for the Disease, they have (in a particular Treatise lately set forth by them) Learnedly disputed, and put forth to publick view, that the World may see they took much pains to little purpose. *Spasmus, Convulsion, Rickets.*

Dragons.

THey are so well known to every one that plants them in their Gardens; they need no Description; if not, let them look down towards the lower end of the stalk, and see how like a Snake they look.

Government and Vertues. The Plant is under the Dominion of *Mars*, and therefore it would be a wonder if it should want some obnoxious quality or other: in all Herbs of that quality, the safest way is either to distill the Herb in an Alembick, in what Vehicle you please, or else to press out the Juice, and Distill that in a Glass Still in Sand, it scoureth and cleanseth the internal parts of the Body mightily, and so it doth the external parts also being externally applied, from Freckles, Morphew, and Sunburning: your best way to use it externally, is to mix it with Vinegar: an Ointment of it is held to be good in Wounds and Ulcers, it consumes Cankers, and that flesh growing in the Nostrils, which they call Polipus. Also the distilled Water being dropped into the Eyes, takes away spots there, as also Pin and Web, and mends the dimness of sight; it is excellent good against the Pestilence and Poyson. *Pliny* and *Dioscorides* affirm, That no Serpent will meddle with him that carries this Herb about him. *Stoureth, Cleanseth, freckles, Morphew, Sun-burning, Wounds, ulcers, Cankers, Polipus, spots in the Eyes, Pin and Web, sight helpeth, Pestilence, poyson, Venemous Beasts.*

The Elder Tree.

I Hold it needless to write any Description of this, sith every Boy that plaies with a Potgun, will not mistake another Tree instead of Elder. I shall therefore in this place only describe the Dwarf Elder, called also Danewort, and Wallwort.

The Dwarf-Elder.

Description. *THis is but an Herb, every year dying with his stalks to the ground, and rising again afresh every Spring, and is like unto the Elders both in form and quality, rising up with a four square rough hairy stalk, four foot high, or more sometime. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of purple, standing in tumbels, very like the Elder also, but more sweet in scent, after which come small blackish berries, full of juyce while they are fresh, wherein there lie small hard Kernels or Seed. The Root*

doth

doth creep under the upper cruſt of the ground, ſpringing afreſh in divers places being of the bigneſs of ones finger or thumb ſometimes.

Place. The Elder Tree groweth in Hedges, being planted there to ſtrengthen the Fences, and Partitions of Grounds, and to hold up the Banks by Ditches, and Water-courſes.

The Dwarf-Elder groweth wild in many places of *England*, where being once gotten into a ground, it is not eaſily gotten forth again.

Time. Moſt of the Elder Trees Flower in *June*, and their Fruit is ripe for the moſt part in *Auguſt*.

But the Dwarf-Elder, or Wallwort flowreth ſomewhat later, and his Fruit is not ripe until *Septemb.r*.

Government and Virtues Both Elder and Dwarf-Elder are under the Dominion of *Venus*. The firſt Shoots of the common Elder boyled like Aſparagus, and the yong Leaves and ſtalks boiled in fat Broth, doth mightily carry forth Flegm and Choler. The middle or inward Bark boiled in Water, and given to drink, worketh much more violently; and the Berries either green or dry, expell the ſame Humors, and is often given with good ſucceſs to help the Dropſie. The Bark of the Root boiled in Wine, or the Juice therof drunk, worketh the ſame Effects, but more powerfully than either the Leaves or Fruit. The juice of the Root taken doth mightily provoke Vomit, and purgeth the watry humors of the Dropſie. The Decoction of the Root taken, cureth the biting of the Adder, and biting of mad dogs; it mollifieth the hardneſs of the Mother, if women ſit thereon, and openeth the Veins, and bringeth down their Courſes: The Berries boyled in Wine performeth the ſame effect; and the hair of the Head waſhed therewith is made black. The juice of the green Leaves applied to the hot Inflamations of the Eyes aſwageth them. The Juyce of the Leaves ſnuffed up into the Noſtrils, purgeth the Tunicles of the Brain. The juice of the Berries boiled with a little Honey, and dropped into the Ear, helpeth the pains of them. The Decoction of the Berries in Wine being drunk, provoketh Urin. The diſtilled Water of the Flowers is of much uſe to cleer the skin from Sunburning, Freckles, Morphew, or the like; and taketh away Headaches coming of a cold cauſe, the Head being bathed therewith. The Leaves or Flowers diſtilled in the Month of *May*, and the Legs often waſhed with the ſaid diſtilled Water, it taketh away the Ulcers and Sores of them: The Eyes waſhed therewith, it taketh away the redneſs and Bloodſhot. And the Hands waſhed morning and evening therewith, helpeth the Palſey, and ſhaking of them.

Flegm, Choller, Dropſie, Venemous Beaſts, mad dogs, Terms provokes, Inflamation. Brain, Ears, Urin provokes, Sunburning, Freckles, Morphew, Head-ach, Ulcer, Palſey.

Gout, Inflamation, Burning,

The Dwarf-Elder is more powerful than the common Elder, in opening and purging Choler, Flegm, and Water, in helping the Gout, Piles, and Womens Diſeaſes, coloureth the Hair black, helpeth inflamation in the Eyes, and pains in the Ears;

Ears, the biting of Serpents, or a mad Dog, Burnings and Scaldings, the wind Chollick, Chollick and Stone, the difficulty of Urine, the cure of old Sores, and Fiſtulous Ulcers. *Scalding, Chollick, Stone, Diſury.*

Either Leaves or Bark of Elder ſtripped upwards as you gather it, cauſeth Vomiting; but ſtripped downward, it purgeth downwards. Alſo Dr. *Butler* in a Manuſcript of his, commends Dwarf-Elder to the Sky for Dropſies, *viz.* To drink it being boyled in white-Wine, to drink the Decoction I mean, not the Elder.

For cure of all Diſeaſes, read my *Riverius*, *Riolanus*, *Johnſton*, *Veſlingus*, *Sennertus*, and *Phyſick for the Poor*.

The Elm-Tree.

THis Tree is ſo well known, growing generally in all Countries of this Land, that it is needleſs to deſcribe it.

Government and Vertues. It is a cold and Saturnine Plant. The Leaves hereof bruiſed and applied, healeth green wounds being bound thereon with its own Bark. The Leaves or the Bark uſed with Vinegar, cureth Scurf and Leproſie very effectually: The Decoction of the Leaves, Bark or Root, being bathed, healeth broken Bones. The Water that is found in the Bladders on the Leaves, while it is freſh, it is very effectual to cleanſe the Skin, and make it fair; and if cloaths be often wet therein, and applied to the Ruptures of Children, it helpeth them, if they be after well bound up with a Truſs. The ſaid Water put into a Glaſs, and ſet into the Ground, or elſe in Dung for twenty five daies, the mouth thereof being cloſe ſtopped, and the bottom ſet upon a lay of ordinary Salt, that the Feces may ſettle, & Water become very cleer, is a ſingular and Soveraign Balm for green Wounds, being uſed with ſoft tents: The Decoction of the Bark of the Root fomented, mollifieth hard Tumors, and the ſhrinking of the Sinews. The Roots of the Elm boiled for a long time in Water, and the fat riſing on the top thereof being clean ſcummed off, and the place anointed therewith that is grown bald, and the Hair fallen away, will quickly reſtore them again. The ſaid Bark ground with Brine and Pickle, until it cometh to the form of a Pultis, and laid on the place pained with the Gout, giveth great eaſe. The Decoction of the Bark in Water, is excellent to bath ſuch places as have been burned with fire. *Wounds, Scurf, Leproſie, Beauty, Ruptures, Swellings, Baldneſs, Gout, burning.*

Endive.

Deſcription. *COmmon Garden Endive beareth a longer and larger Leaf than Succory, and abideth but one year, quickly running up to ſtalk and ſeed, and then periſheth: It hath blew Flowers, and the ſeed of the ordinary Endive is ſo like Succory ſeed, that it is hard to diſtinguiſh them.*

Government and Vertues. It is a fine cooling, cleanſing Jovial Plant. The Decoction of the Leaves, or the Juice, or the diſtilled Waters of Endive ſerveth

Liver, Stomach, Agues, Sharpneſs of Urine, and Excoriations thereby, paſſion of the heart, ulcers, ſwellings, Eyes, Gout.

ſerveth well to cool the exceſſive heat in the Liver & ſtomach, and in the hot fits of Agues, and all other Inflamation in any part of the Body, it cooleth the heat and ſharpneſs of the Urin, the Excoriations in the Uritory parts; The Seed is of the ſame propertie, or rather more powerful, and beſides is available for the fainting, ſwoonings, and paſſions of the Heart. Outwardly applied they ſerve to temper the ſharp Humors of Fretting Ulcers, hot Tumors and Swellings, and Peſtilential Sores; and wonderfully help not only the redneſs and inflamation in the Eyes, but the dimneſs of the ſight alſo: They are alſo uſed to allay the pains of the Gout.

You cannot uſe it amiſs; a Syrup of it is a fine cooling Medicine for Feavers. See the end of this Book, and the *Eng. Diſp.*

Elecampane.

Deſcription. *IT ſhooteth forth many large Leaves, long and broad, lying near the ground, ſmall at both ends, ſomewhat ſoft in handling, of a whitiſh green on the upper ſide, and gray underneath, each ſet upon a ſhort footſtalk; from among which riſe up divers great, and ſtrong hairy ſtalks three or four foot high, with ſome Leaves thereupon compaſſing them about at the lower ends, and are branched toward the tops, bearing divers great and large Flowers like thoſe of the Corn Marigold, both the border of Leaves and the middle thrum being yellow, which turn into Down with long, ſmall, browniſh ſeed among it, and is carried away with the wind. The Root is great and thick, branched forth divers wayes, blackiſh on the outſide, and white within, of a very bitter taſte, and ſtrong, but good ſcent, eſpecially when they are dryed, no part elſe of the Plant having any ſmell.*

Place. It groweth in the moiſt Grounds, and ſhadowy places, oftner than in the dry and open Borders of Fields and Lanes, and in other waſt places, almoſt in every Country of this Land.

Time. It flowreth in the end of *June* and *July*, and the ſeed is ripe in *Auguſt*: The Roots are gathered for uſe, as well in the Spring before the Leaves come forth, as in Autumn or Winter.

Government and Vertues. It is a Plant under the Dominion of *Mercury*. The freſh Roots of Elecampane preſerved with ſugar, or made into a ſyrup or Conſerve, are very effectual to warm a cold and windy ſtomach, or the pricking therein, and ſtitches in the ſides cauſed by the ſpleen; and to help the Cough, ſhortneſs of breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with ſugar and taken, ſerveth to the ſame purpoſes, and is alſo profitable for thoſe that have their Urine ſtopped, or the ſtopping of Womens Courſes, the pains of the Mother, and of the ſtone in the Reins, Kidneys, or Bladder: It reſiſteth poyſon, and ſtayeth the ſpreading of the Venom of Serpents, as alſo of putrid and Peſtilential Feavers, and the Plague it ſelf. The Roots and Herb beaten, and put into new

Cold ſtomach, wind, ſtitch, ſpleen, Cough, ſhortneſs of breath, wheezing, Terms provoked.

Ale

Ale or Beer, and daily drunk, cleereth, strengtheneth and quickneth the sight of the Eyes wonderfully. The Decoction of the Roots in Wine, or the Juice taken therein, killeth and driveth forth all manner of Worms in the Belly, Stomach, and Maw; and gargled in the Mouth, or the Root chewed, fastneth loose Teeth, and helpeth to keep them from putrefaction: And being drunk, is good for those that spit blood, helpeth to remove Cramps, or Convulsions, & the pains of the Gout, the Sciatica, the loosnes and pains in the Joynts, or those Members that are out of joynt, by cold or moisture hapning to them, applied outwardly as well as inwardly, and is good for those that are bursten, or have any inward bruise. The Roots boiled well in Vinegar, beaten afterwards, and made into an Oyntment with Hogs Suet, or Oyl of Trotters is an excellent Remedy for scabs or Itch in yong or old: The places also bathed or washed with the Decoction, doth the same: it also helpeth all sorts of filthy, old putrid Sores or Cankers whatsoever. In the Roots of this Herb lieth the chief effect for all the Remedies aforesaid: The distilled Water of the Leaves and Roots together, is very profitable to cleanse the Skin of the Face, or other Parts, from any Morphew, Spots, or Blemishes therein, and maketh it cleer.

Mother, Stone, Poyson, Venemous, Beasts, Pestilence, Eyes, Worms, loose Teeth, spitting Blood, Cramps, Convulsions, Gout, Joynts, Itch, Cankers, Freckles, Morphew, Spots.

Eringo, or Sea-Holly.

Description. *The first Leaves of our ordinary Sea-Holly, are nothing so hard and prickly as when they grow old, being almost round, and deeply dented about the edges; hard, and sharp-pointed, and a little crumpled, of a blewish green color, every one upon a long Footstalk: but those that grow up higher with the Stalk, do as it were compass it about. The Stalk it self is round and strong, yet somewhat crested with joynts, and Leaves set thereat, but more divided, sharp, and prickly; and branches rising from thence, which have likewise other smaller branches, each of them bearing several blewish round prickly Heads, with many small jagged, prickly Leaves under them, standing like a Star, and are sometimes found greenish or whitish: The Root groweth wonderfull long, even to eight or ten foot in length, set with Rings or Circles, toward the upper part, but smooth and without joynts down lower, browniſh on the outside, and very white within, with a pith in the middle, of a pleasant taste, but much more being artificially preserved, and candied with Sugar.*

Place. It is found about the Sea Coasts, in almost every Country of this Land which bordereth upon the Sea.

Time. It flowereth in the end of Summer, and giveth ripe Seed within a Month after.

Government and Vertues. The Plant is Venereal, and breedeth Seed exceedingly, and strengthens the Spirit Procreative; it is hot and moist, and under the Cœlestial Ballance. The Decoction of the Root hereof in Wine, is very

Seed breedeth, Obstructions, Spleen, Liver.

Yellow Jaund. Dropſie, Chollick, Diſury, Strangury, Reins, French Pox, Kings evil, venemous Beaſts, Thorns, broken bones, Splinters, Apoſthumes, Melancholly, Quartan and Quotidian Agues, wry necks.

very effectual to open the Obſtructions of the Spleen and Liver, and helpeth the Yellow Jaundies, the Dropſie, the pains of the Loins, and wind Chollick, provoketh Urine, and expelleth the Stone, and procureth Womens Courſes. The continued uſe of the Decoction for fifteen daies, taken faſting, and next to bedward, doth help the Strangury, the piſſing by drops, the ſtopping of urine, and ſtone, and all defects of the Reins or Kidneys; and if the ſaid drink be continued longer, it is ſaid that it perfectly cureth the ſtone, and that experience hath found it ſo: It is found good againſt the French Pox. The Roots bruiſed and applied outwardly, helpeth the Kernels of the Throat, commonly called the Kings Evil; or taken inwardly, and applied to the place ſtung or bitten by any Serpent, healeth it ſpeedily. If the Roots be bruiſed and boiled in old Hogs Greaſe, or ſalted Lard, and applied to broken Bones, Thorns, &c. remaining in the Fleſh, doth not only draw them forth, but healeth up the place again, gathering new fleſh where it was conſumed: The Juyce of the Leaves dropped into the Ears, helpeth Impoſthumes therein: The diſtilled Water of the whole Herb when the Leaves and ſtalks are yong, is profitably drunk for all the purpoſes aforeſaid; and helpeth the Melancholly of the Heart, and is available in Quartan & Quotidian Agues, as alſo for them that have their Necks drawn awry, & cannot turn them without turning their whole Body. For cure of all Diſeaſes, read my *Riverius, Sennertus, Veſlingus, Johnſton, &c.*

Eyebright.

Deſcription. *COmmon Eye-bright is a ſmall low Herb, riſing up uſually but with one blackiſh green ſtalk, a ſpan high, or not much more, ſpread from the bottom into ſundry branches, whereon are ſet ſmall and almoſt round, yet pointed, dark green Leaves, finely ſnipped about the edges, two alwayes ſet together, and very thick: At the Joynts with the Leaves from the middle upward, come forth ſmall white Flowers ſtriped with purple and yellow ſpots or ſtripes; after which follow ſmall round Heads with very ſmall ſeed therein. The Root is long, ſmall, and threddy at the end.*

Place. It groweth in many Medows, and graſſie places in this Land.

Government and Vertues. It is under the Sign of the *Lyon*, and *Sol* claims Dominion over it. If this Herb were but as much uſed as it is neglected, it would half ſpoil the Spectacle-makers Trade; and a man would think that Reaſon ſhould teach people to prefer the preſervation of their Natural, before Artificial Spectacles: which that they may be inſtructed how to do, take the Vertues of Eyebright as followeth.

Eyes, Dimneſs, Brain, Memory.

The Juyce or diſtilled Water of Eyebright taken inwardly in white Wine or Broth, or dropped into the Eyes for divers daies together, helpeth all infirmities of the Eys that cauſe dimneſs of ſight: Some make a Conſerve of the flowers to the ſame effect. Being uſed any of theſe waies, it alſo helpeth a weak Brain or Memory.

Memory. This tunned up with ſtrong Beer that it may work together, and drunk. Or the Powder of the dried Herb mixed with Sugar, a little Mace, and Fennel ſeeds, and drunk or eaten in Broth. Or the ſaid Powder made into an Electuary with Sugar and taken, hath the ſame powerful effect to help and reſtore the ſight decayed through age, and *Arnoldus de villa nova* ſaith, It hath reſtored ſight to them that have been blind a long time before

Fern.

Deſcript.] *OF this there are two kinds principally to be treated of, viz. The Male and Female. The Female groweth higher than the Male, but the Leaves thereof are leſſer, and more divided, or dented, and of as ſtrong a ſmell as the Male, the Vertues of them are both alike, and therefore I ſhall not trouble you with any further Deſcription or diſtinction of them.*

Place.] They both grow on Heaths, and in ſhady places near the Hedg ſides in all Countries of this Land.

Time.] They flower and give their ſeed at Midſummer.

The Female *Fern* is that Plant which is in *Suſſex* called Brakes, the ſeed of which ſome Authors hold to be ſo rare: ſuch a thing there is I know, and may eaſily be had upon *Midſummer-Eve*, and for ought I know, two or three daies before or after, if not more.

Government and Vertues.] It is under the Dominion of *Mercury*, both the Male and the Female. The Roots of both theſe ſorts of *Ferns*, being bruiſed and boyled in Mead, or honyed Water, and drunk, killeth both the broad, and long Worms in the body, and abateth the ſwelling and hardneſs of the Spleen. The green Leaves eaten, purge the Belly and cholerick and wateriſh humors, but it troubles the Stomach. They are dangerous for Women with Child to meddle with, by reaſon they cauſe Abortment. The Roots bruiſed and boyled in Oyl, or Hogs-greaſe, make a very profitable Ointment to heal Wounds, or pricks gotten into the Fleſh. The Powder of them uſed in foul Ulcers, drieth up their malignant moiſture, and cauſeth their ſpeedier healing. *Fern* being burned, the ſmoke thereof driveth away Serpents, Gnats, and other noyſome Creatures, which in the Fenny Countries do in the night time trouble and moleſt people lying in their beds with their faces uncovered: it cauſeth Barrenneſs.

Worms, Spleen, Choler, Flegm, Stomach, Wound, Ulcers, Serpents, Gnats, Venemous Beaſts.

Oſmond Royal, *or* Water-Fern.

Deſcript.] *THis ſhooteth forth in the Spring time (for in the Winter the Leaves periſh) divers rough hard ſtalks, half round and hollowiſh, or flat on the other ſide, two foot high, having divers branches of winged yellowiſh green Leaves on all ſides, ſet one againſt another, longer, narrower, and not nicked on the edges as the former. From the top of ſome of theſe ſtalks grow forth a long buſh of ſmall, and more yellowiſh green, ſcaly, Aglets, as it were ſet in the ſame manner on the ſtalks as the Leaves are, which are accounted the flowers and ſeeds. The Root is rough, thick, and ſcaly,*

with a white pith in the middle, which is called the Heart thereof.

Place. It groweth on Moors, Bogs, and watery places in many parts of this Land.

Time. It is green all the Summer, and the Root only abideth in Winter.

Government and Vertues. *Saturn* owns the Plant. This hath all the Vertues mentioned in the former Ferns, and is much more effectual than they, both for inward and outward Griefs, and is accounted ſingular good in Wounds, Bruiſes, or the like. The Decoction to be drunk or boyled into an Oyntment, or Oyl, as a Balſom, or Balm, and ſo it is ſingular good againſt Bruiſes, and Bones broken or out of Joynt, and giveth much eaſe to the Colick, and Splenetick Diſeaſes; as alſo for Ruptures or Burſtings. The Decoction of the Root in white Wine, provokes Urin exceedingly, and cleanſeth the Bladder and paſſages of Urin.

Wounds, Bruiſes, broken Bones, Colick, Spleen, Ruptures.

Featherfew.

Deſcript. *Common Featherfew hath many large, freſh, green Leaves, very much torn or cut on the edges. The ſtalks are hard and round, ſet with many ſuch like Leaves, but ſomewhat ſmaller, and at the tops ſtand many ſingle flowers upon ſmall foot ſtalks, conſiſting of many ſmall white Leaves, ſtanding round about a yellow thrum in the middle. The Root is ſomewhat hard and ſhort, with many ſtrong fibres at it. The ſcent of the whole Plant is very ſtrong, and ſtuffing, and the taſt very bitter.*

Place. This grows wild in ſome places of this Land, but it is for the moſt part nouriſhed in Gardens.

Time. It flowreth in the Months of *June* and *July*.

Government and Vertues. *Venus* commands the Herb, and hath commanded it to ſuccor her Siſters [*Women*] and to be a general ſtrengthener of their Wombs, and remedy ſuch Infirmities as a careleſs Midwife hath there cauſed, if they will but be pleaſed to make uſe of her Herb boyled in white Wine, and drink the decoction, it cleanſeth the Womb, expelleth the Afterbirth, doth the Woman all the good ſhe can deſire of an Herb. And if any grumble becauſe they cannot get the Herb in Winter, tell them, if they pleaſe, they may make a Syrup of it in Summer. It is chiefly uſed for the Diſeaſes of the Mother, whether it be the ſtrangling or riſing of the Mother, or Hardneſs, or Inflamations of the ſame, applied outwardly thereunto. Or a Decoction of the Flowers in Wine, with a little Nutmeg or Mace put therein, and drunk often in a day, is an approved Remedy to bring down Womens Courſes ſpeedily, and helpeth to expel the dead Birth and After-birth. For a Woman to ſit over the hot fumes of the Decoction of the Herb made in Water or Wine, is effectual alſo for the ſame: and in ſome caſes, to apply the boyled Herb warm to the privy parts. The Decoction thereof made with ſome Sugar or Honey put thereto, is uſed by many with good ſucceſs, to help the Cough and ſtuffing of the Cheſt by cold; as alſo to cleanſe the Reins

Mother, Womb, Terms provokes, Dead Birth, After-birth, Cough, Reins, Bladder,

and

and Bladder, and helps to expel the stone in them. The Powder of the Herb taken in Wine, with some Oxymel, purgeth both Choler and Flegm, and is available for those that are short winded, and are troubled with Melancholy, and heavinesse or sadnesse of Spirits. It is very effectual for all pains in the Head coming of a cold cause, the herb being bruised, and applied to the Crown of the head: as also for the Vertigo, that is, a turning or swimming of the Head. The Decoction thereof drunk warm, and the herb bruised with a few corns of Bay-salt, and applied to the wrists before the coming of the Ague fits, doth take them away. The distilled water taketh away Freckles, and other spots and deformities in the Face. The herb bruised and heated on a Tyle, with some Wine to moisten it, or fryed with a little Wine and Oyl in a Frying-pan, and applied warm outwardly to the places, helpeth the wind and Colick in the lower part of the Belly. It is an especial Remedy against Opium taken too liberally.

Choler, Flegm, Melancholy, Sadnesse, Headach, Ague, Deformity of the Skin, Wind, Colick, Opium.

Fennel.

EVery Garden affordeth this so plentifully, that it needeth no Description. *Government and Vertues.* One good old fashion is not yet left off, viz. To boyl Fennel with Fish, for it consumes that flegmatick humor which fish most plentifully affords and annoys the body by, therefore it is a most fit herb for that purpose, though few that use it, know why or wherefore they do it. I suppose the reason of its benefit this way is, because it is an herb of *Mercury*, and under *Virgo*, and therefore bears Antipathy to *Pisces*. *Fennel* is good to break wind, to provoke Urin, and ease the pains of the Stone, and help to break it. The leaves or seeds boyled in Barley-water and drunk, are good for Nurses to increase their Milk, and make it more wholsome for the Child. The Leaves or rather the Seed boyled in water, stayeth the Hiccough, and taketh away the loathing which oftentimes hapneth to the Stomachs of sick and feaverish persons, and allayeth the heat thereof. The seed boyled in Wine and drunk, is good for those that are bitten with Serpents, or have eaten poysonful Herbs, or Mushroms. The Seed and the Root much more helpeth to open Obstructions of the Liver, Spleen, and Gall, and thereby helpeth the painful and windy Swellings of the Spleen, and the yellow Jaundice; as also the Gout and Cramps. The Seed is of good use in Medicines to help shortnesse of breath and wheesing by stopping of the Lungs. It helpeth also to bring down the Courses; and to cleanse the parts after delivery. The Roots are of most use in Physick Drinks and Broaths that are taken to cleanse the blood, to open Obstructions of the Liver, to provoke Urin, and amend the ill colour in the face after sickness, and to cause a good habit through the body. Both Leaves

Wind, Disury, Stone, increaseth Milk, amends Milk, Hiccough, Loathing of Meat, venemous Beasts Poyson, Mushroms, Obstructions in the Liver, Spleen and Gall, yellow Jaundice, Gout, Cramp, Wheesing, Terms provokes, after delivery, cleanse, ope, Fatness, Eyes.

Seeds, and Roots thereof are much uſed in Drinks or Broths, to make people more ſpare and lean that are too fat. The diſtilled Water of the whole Herb, or the condenſate Juyce diſſolved, but eſpecially the natural Juyce that in hot Countries iſſued out thereof of its own accord, dropped into the Eyes, cleanſeth them from miſts and films that hinder the ſight. The ſweet Fennel is much weaker in Phyſical uſes than the common Fennel. The wild Fennel is ſtronger and hotter than the tame, and therefore moſt powerful againſt the Stone, but not ſo effectual to encreaſe Milk, becauſe of its dineſs.

Sow-Fennel, *or* Hogs-Fennel.

BEſides the common Name in Engliſh, Hogs-Fennel, and the Latin name *Peucedanum*, it is called Hoar-ſtrang, and Hoar-ſtrong, Sulphur-wort, and Brimſtone-wort.

Deſcript.] *The common* Sow-Fennel *hath divers branched ſtalks of thick and ſomewhat long Leaves, three for the moſt part joyned together at a place, among which riſeth a creſted ſtraight ſtalk, leſs than Fennel, with ſome joynts thereon, and Leaves growing thereat, and towards the top ſome branches iſſuing from thence: likewiſe on the tops of the ſtalk and branches, ſtand divers tufts of yellow flowers, where after grow ſomewhat flat, thin, and yellowiſh ſeed, bigger than Fennel ſeed. The Root groweth great and deep, with many other parts and fibres about them, of a ſtrong ſcent like hot Brimſtone, and yielding forth a yellow ſh milk, or clammy juyce, almoſt like a Gum.*

Place.] It groweth plentifully in the ſalt low Marſhes, near by *Feaverſham* in *Kent*.

Time.] It flowreth and ſeedeth in *July* and *Auguſt*.

Government and Vertues.] This alſo is an Herb of *Mercury*. The Juyce of Sow-Fennel (ſaith *Dioſcorides* and *Galen*) uſed with Vinegar and Roſe-water, or the juyce with a little Euphorbium put to the noſe helpeth thoſe that are troubled with the Lethargy, the Frenzy, the turning or giddineſs of the Head, the Falling-ſickneſs, long and inveterate Headach, the Palſie, Sciatica, and the Cramp, and generally all the diſeaſes of the ſinews, uſed with Oyl and Vinegar. The Juyce diſſolved in Wine, or put into an Egg, is good for the Cough, or ſhortneſs of Breath, and for thoſe that are troubled with wind in the body. It purgeth the Belly gently, helpeth the hardneſs of the Spleen, giveth eaſe to women that have ſore travel in Childbirth, and eaſeth the pains of the Reins and Bladder, and alſo the Womb. A little of the Juyce diſſolved in Wine, and dropped into the Ears, eaſeth much of the pains in them; and put into an hollow tooth, eaſeth the pains thereof. The Root is leſs effectual in all the aforeſaid diſeaſes: yet the Powder of the Root cleanſeth foul Ulcers being put into them, and taketh out Splinters of broken bones, or other things in the fleſh, and healeth them up perfectly: as alſo it drieth up old and inveterate running Sores, and is of admirable Vertue in all green Wounds.

Lethargy, Frenzie, Vertigo, Falling-ſickneſs, Headach, Palſie, Sciatica, Cramp, Sinews, Cough, ſhortneſs of Breath, wind, Spleen, Childbirth, Reins, Bladder, Womb, Ears, hollow Teeth, Ulcers, broken Bones, Thorns, Wounds.

Figwort, *or* Throatwort.

Description. *COmmon great Figwort sendeth forth divers great, strong hard, square, brown stalks, three or four foot high, wherein grow Large, hard, and dark green Leaves, two at a joynt, which are larger and harder than Nettle Leaves, but not stinging: At the tops of the stalks stand many purple Flowers, set in husks, which are somewhat gaping and open, somewhat like those of water Betony: after which come hard round Heads, with a small point in the middle, wherein lye small brownish seed. The Root is great, white and thick, with many branches at it, growing aslope under the upper crust of the ground, which abideth many years, but keepeth not his green Leaves in Winter.*

Place. It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

Time. It flowreth about *July*, and the Seed will be ripe about a Moneth after the flowers are fallen.

Government and Vertues. Some Latin Authors call it *Scrofularia*, because it is appropriated to the Neck; and we *Throatwort*, because it is appropriated to the Throat. *Venus* owns the Herb, and the Coelestial *Bull* will not deny it, therefore a better Remedy cannot be for the Kings Evil, because the *Moon* that rules the disease, is exalted there, nor for any Disease in the Neck, the rest of the Diseases specified, you may (if you look) see a very good reason for their Cure by this Herb. The Decoction of the Herb taken inwardly, and the bruised Herb applied outwardly, dissolveth clotted and congealed Blood within the body, coming by any Wounds, Bruise, or Fall; and is no less effectual for the Kings Evil, or any other Knots, Kernels, Burnches, or Wens growing in the flesh whersoever; and for the Hemorrhoids, or Piles, or other Knobs, Kernels, which sometimes grow about the Fundament. An Ointment made hereof, may be used at all times when the fresh Herb is not to be had. The distilled Water of the whole Plant, Roots and all, is used for the same purposes, and drieth up the superfluous virulent moisture of hollow and corroding Ulcers: It taketh away all redness, spots, and freckles in the Face, as also the Scurf, or any foul Deformity therein, and the Leprosie likewise.

congealed blood by wound, bruise or fall, Kings-Evil, wens, Hemorrhoids, sundry ulcers, scurf, spots, freckles, deformity, leprosie.

Filipendula, *or* Dropwort.

Descript. *THis sendeth forth many Leaves, some bigger, some lesser, set on each side of a middle Rib, and each of them dented about the edges, somewhat resembling wild Parsie or rather Agrimony, but harder in handling; among which rise up one or more stalks, two or three foot high, with the Leaves growing thereon, and sometimes also divided into other branches spreading at the top into many white sweet smelling flowers, consisting of five Leaves apeece, with some threds in the middle of them standing together in a tuft or umbel, each upon a small footstalk, which after they have been*

open and blown a good while, do fall away, and in their places appear small round chaffie Heads like Buttons, wherein are the chaffie seed set and placed. The Root consists of many small, black, tuberous pieces, fastned together by many small long blackish strings, which run from one to another.

Place.] It groweth in many places of this Land, in the Corners of dry Fields and Meadows, and their Hedg-sides.

Time.] They flower in *June* and *July*, and their seed is ripe in *August*.

Government and Vertues.] It is under the Dominion of *Venus*, and is very effectual to open the Passages of the Urin, and helpeth the Strangury, and all other pains of the Bladder and Reins, helping mightily to expel the Stone in the Kidnies or Bladder, and the Gravel also, and these are done by taking the Roots in Powder, or a Decoction of them in white Wine, whereunto a little Honey is added. The same also helpeth to expel the Afterbirth. The Roots made into Powder, and mixed with Honey into the form of an Electuary, doth much help them whose stomachs are swollen, dissolving and breaking the wind which was the cause thereof, and is also very effectual for all diseases of the Lungs, as shortness of breath, wheesing, hoarsness of the throat, & the Cough, and to expectorate tough flegm, or any other parts thereabouts. It is called *Dropwort*, because it helps such as piss by drops.

Disury, Strangury, Reins, Bladder, Stone, Gravel, Wind, Lungs, Wheesing, Hoarsness, Cough, Flegm.

The Fig-Tree.

FOr to give a Description of a Tree so well known to every body that keeps it in their Garden, were needless. They prosper very well in our English Gardens: yet are fitter for Medicine than for any other profit which is gotten by the Fruit of them.

Government and Vertues.] The Tree is under the Dominion of *Jupiter*. The Milk that issueth out from the Leaves or Branches when they are broken off being dropped upon Warts, takes them away. The Decoction of the Leaves of a Fig-tree is excellent good to wash sore heads withal; neither is there scarcely a better Remedy for the Leprosie than it is. It clears the face also of Morphew, and the body of white Scurf, moist Scabs, and running Sores, if it be dropped into old fretting Ulcers, it cleanseth out the moisture, & bringeth up the flesh: because you cannot have the Leaves green all the year, you may make an Oyntment of them whilst you may. A decoction of the leaves being drunk inwardly, or rather a Syrup made of them, dissolves congealed blood caused by Bruises or Falls and helps the bloody-flux. The ashes of the wood made into an Oyntment with Hogs-grease, helps Kibes and chilblains. The Juyce being put into a hollow tooth, easeth pain, as also pain and noise in the Ears being dropped into them, and deafness. An Oyntment made of the Juyce and Hogs-grease, is as excellent a Remedy for the biting of

Warts, Head sore, Leprosie, Morphew, Scurf, Scabs, Sores, Ulcers, Blood congealed caused by Bruises or Falls, Bloody-flux, Kibes, Chilblains, Toothach, noise in the Ears, Deafness, biting of mad Dogs, venemous Beasts, Cough, Hoarseness, shortness of

mad

mad Dog, or other Venemous Beasts as most is. A Syrup made of the Leaves or green Fruit, is excellent good for Coughs, Hoarsness, or Shortness of Breath, and all Diseases of the Breast and Lungs: It is also excellent good for the Dropsie, and Falling sickness. They say that the Fig-tree as well as the Bay-tree is never hurt by Lightning; as also that a Bull if he be never so mad, if you tie him to a Fig-tree will quickly become tame and gentle. As for such Figs as come from beyond Sea, I have little to say to them, because I write not of Igloticks; yet some Authors say the eating of them makes people Lousie.

Breath, Breast, Lungs, Dropsie, Falling-sickness, Lice.

The yellow Water-flag, *or* Flowerdeluce.

Descript.] *THis groweth like the* Flower-de-luces, *but it hath much longer and narrower sad green Leaves joyned together in that fashion; the Stalk also growing often times as high, bearing small yellow Flowers shaped like the* Flower-de-luce *with three falling Leaves, and other three arched that cover their bottoms; but instead of the three upright Leaves as the* Flower-de-luce *hath, this hath onely three short pieces standing in their places, after which succeed thick and long three square Heads, containing in each part somewhat big and flat seed, like to those of the* Flower-de-luces. *The Root is long and slender, of a pale brownish colour on the outside, and of a hoar flesh colour on the inside, with many hard fibres thereat, and very harsh in tast.*

Place.] It usually grows in watery Ditches, Ponds, Lakes, and Moor-sides, which are alwayes overflown with Water.

Time.] It flowreth in *July*, and the seed is ripe in *August*.

Government and Vertues.] It is under the Dominion of the *Moon*. The Root of this Water-flag is very astringent, cooling, and drying, and thereby helpeth all Lasks and Fluxes, whether of blood or humors, as bleeding at Mouth, Nose, or other parts, bloody fluxes, and the immoderate flux of Womens Courses. The distilled Water of the whole Herb, Flowers, and Roots, is a Sovereign good Remedy for watring Eyes, both to be dropped into them, and to have cloaths or spunges wetted therein and applied to the Forehead: It also helpeth the spots or blemishes that happen in or about the Eyes, or in any other parts: The said Water fomented on swellings and hot inflamations of Womens sore Breasts, upon Cankers also, and those spreading Ulcers, called *Noli me tangere*, doth much good: It helpeth also foul Ulcers in the privy parts of man or woman, or elsewhere. An Oyntment made of the Flowers, is better for these external applications.

Binds, cools, Dries, Flux, Bloody flux, Bleeding, Terms stops, Eyes, Spots, Blemishes, Inflamations, Sore Breasts, Cankers, ulcers, Noli me tangere.

Flaxweed, *or* Toadflax:

Descript.] *OUr common* Flaxweed *hath divers Stalks full fraught with long and narrow blew or Ash colour'd Leaves, and*

from the middle of them almost upward, stored with a number of pale yellow Flowers, of a strong unpleasant scent, with deeper yellow mouthes, and blackish flat seed in round Heads. The Root is somewhat woody and white, especially the main downright one, with many fibres, abiding many years, shooting forth Roots every way round about, and new branches every year.

Place. This groweth throughout this Land, both by the way sides in Meadows, as also by Hedg-sides, and upon the sides of Banks, and borders of Fields.

Time. It flowreth in Summer, and the Seed is ripe usually before the end of *August*.

Government and Vertues.] *Mars* owns the Herb: In *Sussex* we call it *Gall-wort*, and lay it in our Chickens water to cure them of the Gall, I think; I am sure it relieves them when they are drooping. This is frequently used to provoke Urin being stopped, and to spend the abundance of those watery humours by Urin, which cause the Dropsie. The Decoction of the Herb both Leaves and Flowers in Wine, taken and drunk, doth somewhat move the Belly downwards, openeth obstructions of the Liver, and helpeth the yellow Jaundice, expelleth poyson, provoketh Womens Courses, driveth forth the dead Child, and afterbirth. The distilled Water of the Herb and Flowers, is effectual for all the same purposes, especially being drunk with a dram of the Powder of the seeds, or Bark of the Root of Walwort, and a little Cinnamon for certain dayes together, is held a singular Remedy for the Dropsie: The Juyce of the Herb, or the distilled Water, dropped into the Eyes, is a certain Remedy for all heat, inflamations and redness in them. The Juyce or water put into foul Ulcers whether they be Cancrous or Fistulous, with tents rouled there in, or parts washed or injected therewith, cleanseth them throughly from the bottom, and healeth them up safely. The same Juyce or Water also cleanseth the skin wonderfully of all sorts of deformity thereof, as Leprosie, Morphew, Scurf, Wheals, Pimples, or any other spots or marks in the skin, applied of it self, or used with some Powder of Lupines.

Disury,
Dropsie,
Obstruction of the Liver,
Yellow Jaundice,
Dead child and Afterbirth,
Inflamations, Eyes,
ulcers,
Cancers,
Fistulaes,
Leprosie,
Scabs,
Pimples,
Freckles.

Fleawort.

Descript. *ORdinary Fleawort riseth up with a stalk two foot high, or more, full of joynts and branches on every side up to the top, and at every joynt two small, long, and narrow whitish green Leaves, somewhat hairy: At the tops of every Branch stand divers small short scaly or chaffy Heads, out of which come forth small whitish yellow threds, like to those of the* Plantane *Herb, which are the bloomings or flowers. The seed inclosed in those heads, is small and shining white it is fresh, very like unto Fleas both for colour and bigness, but turning back when it groweth old. The Root is not long, but white, hard, and woody, perishing every year, and rising again of its own seed for divers years, if it be suffered to shed: The whole Plant is somewhat whitish and hairy, smelling somewhat like Rozin.*

There

There is another ſort hereof differing not from the former in the manner of growing, but only that his ſtalk and branches being ſomewhat greater, do a little more bow down to the ground: The Leaves are ſomewhat larger, the heads ſomewhat leſſer, the ſeed alike; and the Root and Leaves abide all the winter, and periſh not as the former.

Place. The firſt groweth onely in Gardens; the ſecond plentifully in Fields that are neer the Sea.

Time.] They flower in *July*, or thereabouts.

Government and Vertues. The Herb is cold and dry, Saturnine. I ſuppoſe it obtained the name Fleawort, becauſe the ſeeds are ſo like Fleas. The ſeed fryed, and ſo taken, ſtayeth the flux or Lask of the Belly, and the corroſions that come by reaſon of hot cholletick or ſharp and malignant humours, or by the too much purging of any violent Medicine, as Scammony, or the like. The Muſcilage of the Seed made with Roſe Water, and a little Sugar Candy put thereto, is very good in all hot Agues and burning Feavers, and other Inflamations to cool the thirſt, and lenifie the dryneſs and roughneſs of the Tongue and Throat. It helpeth alſo hoarſneſs of the voyce, and diſeaſes of the Breaſt and Lungs cauſed by heat, or ſharp ſalt humours, and the Pleuriſie alſo. The Muſcilage of the Seed made in *Plantane* Water, whereunto the Yolk of an Egg or two, and a little *Populeon* is put, is a moſt ſafe and ſure Remedy to eaſe the ſharpneſs, prickings, and pains of the Hemorrhoids or Piles, if it be laid on a cloth and bound thereto. It helpeth alſo all Inflamations in any part of the Body, and the pains that come thereby, as the Headach and Megrim, and all hot Impoſthumes or Swellings, or breakings out of the skin, as Blains, Wheals, Puſhes, Purples, and the like; as alſo the pains of the Joynts, and of thoſe that are out of joynt; the pains of the Gout and Sciatica, the burſting of young Children, and the ſwelling of the Navel, applied with Oyl of Roſes and Vinegar. It is alſo very good to heal the Nipples and ſore Breaſts of Women, being often applied thereunto. The Juyce of the Herb with a little Honey put into the Ears, helpeth the running of them, and the Worms breeding in them: The ſame alſo mixed with Hogs Greaſe, and applied to corrupt and filthy Ulcers and Sores, cleanſeth and healeth them.

Flux, Corroſion, Cholerick humors, Agues, Feavers, Inflamation, Thirſt, Hoarſneſs, Salt humors, Pleuriſie, Hemorrhoids; Headach, Megrim, Apoſthumes, Blains, Wheals, Puſhes, Purples, Gout, Joynts, Sciatica, Nipples, Sore breaſts, Ears, Worms, Ulcers.

Flixweed.

Deſcript. *IT riſeth up with a round upright hard ſtalk, four or five foot high, ſpread into ſundry branches, whereon grow many grayiſh green Leaves very finely cut and ſevered into a number of ſhort and almoſt round parts. The Flowers are very ſmall and yellow growing ſpike faſhion, after which come very ſmall long Pods, with very ſmall yellowiſh ſeed in them.*

them. *The Root is long and woody, periſhing every year.*

There is another ſort differing in nothing, ſave onely it hath ſomewhat broader Leaves: They have a ſtrong evil ſavor being ſmelt unto, and are of a drying taſt.

Place.] They grow wild in the Fields by Hedg ſides, and High-wayes, and among rubbiſh, and many other places.

Time. They flower and ſeed quickly after, namely in *June* and *July*.

Government and Vertues.] This Herb is Saturnine alſo. Both the Herb and ſeed of *Flixweed*, is of excellent uſe to ſtay the Flux or Lask of the Belly, being drunken in Water wherein gads of ſteel heated have been often quenched; and is no leſs effectual for the ſaid purpoſe than Plantane or Comfry, and to reſtrain any other flux of Blood in Man or Woman, as alſo conſolidate Bones broken, or out of joynt. The juyce thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach or Belly, or the Worms that grow in putrid and filthy Ulcers: And made into a Salve, doth quickly heal all old Sores, how foul or malignant ſoever they be. The diſtilled Water of the Herb worketh the ſame effects, although ſomewhat weaker, yet is a fair Medicine, and more acceptable to be taken.

Flux, Bleeding, Bloody Flux, Terms ſtops, Broken Bones, Members disjoynted, Worms, Sores, Ulcers.

It is called *Flixweed*, becauſe it cures the flux, and for its uniting broken Bones, &c. *Paracelſus* extols it to the Skies. It is fitting Syrups, Oyntments, and Plaiſters of it, were kept in your Houſes.

Flower-de-luce.

IT is ſo well known, being nurſed up in moſt Gardens, that I ſhall not need to ſpend time in writing a Deſcription thereof,

Time.] The flaggy kinds thereof have the moſt Phyſical uſes; the dwarf kinds thereof flower in *April*, the greater ſorts in *May*.

Government and Vertues.] The Herb is Lunar. The Juyce or Decoction of the green Roots of the flaggy kind of *Flower-de-luce*, with a little Hony drunk, doth purge and cleanſe the ſtomach of groſs and tough flegm and choler therein; it helpeth the Jaundice, and the Dropſie, by evacuating thoſe humours both upwards and downwards, and becauſe it ſomewhat hurteth the ſtomach, is not to be taken but with Honey and Spicknard. The ſame being drunk, doth eaſe the pains and torments of the Belly and Sides, the ſhaking of Agues, the Diſeaſes of the Liver and Spleen, the Worms in the Belly, the Stone in the Reins, Convulſions or Cramps that come of cold humors; it alſo helpeth thoſe whoſe ſeed paſſeth from them unawares: It is a Remedy againſt the bitings and ſtingings of venemous Creatures, being boyled in Water and Vinegar, and drunk: Being boyled in Wine and drunk, it provoketh Urin, helpeth the

Stomach, Flegm. Choler, Jaundice, Dropſie, Belly, ſides, Ague, Liver, Spleen, Stone, Convulſion, Cramp, Venemous Beaſts, Dim-

the Cholick, bringeth down Womens Courſes; and made up into a Peſſary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended againſt the Cough to expectorate tough flegm: It much eaſeth pains in the Head, and procureth ſleep: Being put into the Noſtrils, it procureth ſneezing, and thereby purgeth the Head of flegm: The Juyce of the Root applied to the Piles or Hemorrhoids, giveth much eaſe. The Decoction of the Roots gargled in the Mouth, eaſeth the Tooth-ach, and helpeth a ſtinking breath. The Oyl called *Oleum Irinum*, if it be rightly made of the great broad flag *Flower-de-luce* (and not of the great bulbous blew *Flower-de-luce*, as is uſed by ſome Apothecaries) and Roots of the ſame of the flaggy kinds, is very effectual to warm and comfort all cold joynts and ſinews, as alſo the Gout and Sciatica, and mollifieth, diſſolveth, and conſumeth tumors or ſwellings in any part of the Body, as alſo of the Matrix: It helpeth the Cramp or Convulſion of the ſinews: The Head and Temples anointed therewith, helpeth the Catarrh or thin Rheum diſtilling from thence; and uſed upon the Breaſt or Stomach, helpeth to extenuate the cold tough Flegm. It helpeth alſo the pains and noiſe in the Ears, and the ſtench of the Noſtrils. The Root it ſelf either green, or in powder, helpeth to cleanſe, heal, and incarnate Wounds, and to cover the naked bones with Fleſh again, that Ulcers have made bare; and is alſo very good to cleanſe and heal up Fiſtulaes and Cankers that are hard to be cured.

Cholick, Terms provokes, Cough, ſneeſing, Hemorrhoids, Toothach, Joynts, Sinews, Gout, Sciatica, Womb, Rheum, Breaſt, Wounds, ulcers, Fiſtulaes, Cankers.

Fluellin, *or* Lluellin.

Deſcription. *It ſhooteth forth many long Branches, partly lying upon the Ground, and part ſtanding upright, ſet with almoſt round Leaves, yet a little pointed, and ſometimes more long than round, without order thereon, ſomewhat hoary, and of an evil greeniſh white colour; at the joynts all along the Stalks, and with the Leaves come forth ſmall Flowers, one at a place, upon a very ſmall ſhort Foot-ſtalk, gaping ſomewhat like Snapdragons, or rather like Toad-flax, with the upper jaw of a yellow colour, and the lower of a purpliſh, with a ſmall heel or ſpur behind; after which come forth ſmall round heads, containing ſmall black ſeed. The Root is ſmall and threddy, dying every year, and raiſeth it ſelf again of its own ſowing.*

There is another ſort of Lluellin *which hath longer Branches, wholly trailing upon the ground, two or three foot long, and ſometimes more thinner ſet with Leaves thereon, upon ſmall Footſtalks. The Leaves are a little larger and ſomewhat round, and cornered ſometimes in ſome places on the edges; but the lower part of them being the broadeſt, hath on each ſide a ſmall point, making it ſeem as if they were Ears, ſomewhat hairy, but not hoary, and of a better green colour than the former: The flowers come forth like the former, but the colours therein are more white than yellow, and the purple not ſo fair: It is a larger flower, and ſo are the ſeed, and ſeed veſſels. The Root is like the other, and periſheth every year.*

Place.

Place. They grow in divers Corn Fields, and in Borders about them, and in other fertile grounds, about *Southfleet* in *Kent* abundantly, at *Buckworth*, *Hamerton*, and *Richwe sworth* in *Huntington shire*, aud in divers other places.

Time.] They are in flower about *June* and *July*, and the whole Plant is dry and withered before *August* be done.

Government and Vertues.] It is a Lunar Herb. The Leaves bruised and applied with Barly-Meal to watering Eyes that are hot and inflamed by defluxions from the Head, do very much help them; as also the fluxes of Blood or Humours, as the Lask, Bloody flux, Womens Courses, and stayeth all manner of bleeding at Nose, Mouth, or any other place, or that cometh by any bruise or hurt, or bursting a Vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthening: and is no less effectual both to heal and close green wounds, as to cleanse or heal all foul or old Ulcers, fretting or spreading Cankers, or the like.

Eyes, Flux, Bloody Flux, Terms stop, Wounds, Ulcers, Cankers.

Bees are industrious, and go abroad to gather Honey from each Plant and Flower; but Drones lie at home, and eat up what the Bees have taken pains for: Just so do the Colledg of Physicians lie at home, and domineer, and suck out the sweetness of other Mens Labours and Studies, themselves being as ignorant in the knowledg of Herbs as a Child of four years old, as I can make appear to any Rational Man by their last Dispensatory. Now then to hide their Ignorance, there is no readier way in the World, than to hide Knowledg from their Country men, that so no body might be able so much as to smell out their Ignorance. When Simples were more in use, mens Bodies were better in health by far than now they are, or shall be if the Colledg can help it. The truth is, this Herb is of a fine cooling, drying quality, and an Oyntment or Plaister of it, might do a man a Courtesie that hath any hot virulent Sores: 'tis admirable for the Ulcers of the French Pox, if taken inwardly, may cure the Disease. It was at first called Female Speedwel, but a Shentleman of *Wales*, whose Nose was almost eaten off with the Pox, and so neer the matter, that the Doctors commanded it to be cut off, being cured by onely the use of this Herb, to honour the Herb for saving her Nose whole, gave it one of her Country Names, *Lluellin.*

Foxglove.

Descript. *IT hath many long and broad Leaves lying upon the ground, dented about the edges, a little soft or woolly, and of a hoary green colour, among which riseth up sometimes sundry Stalks, but one very often bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple flowers, a little more long and eminent at the lower edge, with some white spots within them, one above another, with small green Leaves at every one, but all of them turning their Heads one way, and hanging downwards, having some threds also in the middle, from whence rise round heads pointed sharp at the*

ends,

eads, wherein small brown seed lieth. The Roots are so many small Fibres, and some greater strings among them: The flower hath no scent, but the Leaves have a bitter hot taste.

Place. It groweth on the dry sandy grounds for the most part, and as well on the higher as lower places under Hedge sides in almost every Country of this Land.

Time. It seldom flowreth before *July*, and the seed is ripe in *August*.

Government and Vertues. The Plant is under the Dominion of *Venus* being of a gentle cleansing Nature; and withall very friendly to Nature. The Herb is familiarly and frequently used by the *Italians* to heal any fresh or green Wound, the Leaves being but bruised and bound thereon; and the Juice thereof is also used in old Sores, to cleanse, dry, and heal them. The Decoction herof made up with some Sugar, or Honey is available to cleanse and purge the Body both upwards and downwards, sometimes of rough flegm, and clammy Humors, and to open obstructions of the Liver and Spleen. It hath been found by experience to be available for the Kings evil, the Herb bruised and applied, or an Ointment made with the Juice thereof, and so used: And a Decoction of two handfuls therof with four Ounces of Polipody in Ale, hath been found by late experience to cure divers of the Falling-sickness, that have been troubled with it above twenty years.

Wounds, Cleanse, dry, Heat, Obstruction of the Liver and Spleen, Kings-Evil, Falling-sickness, Scabby Head.

My self am confident that an Ointment of it is one of the best Remedies for a Scabby Head that is. To cure all Diseases, read my *Riverius, Riolanus, Vesslingus, Johnston, &c.*

Fumitory.

Description. *OUR common Fumitory is a tender sappy Herb, sending forth from one square, slender, weak stalk, and leaning downwards on all sides many Branches two or three foot long, with finely cut and jagged Leaves of whitish, or rather blewish, seagreen color: At the tops of the Branches stand many small flowers, as it were in a long spike one above another, made like little Birds of a reddish purple color with whitish bellies: After which come small round husks containing small black seed. The Root is yellow, small, and not very long, full of juice while it is green, but quickly perish with the ripe Seed: In the Corn Fields in* Cornwall *this beareth white flowers.*

Place. It groweth in Corn Fields almost every where as well as in Gardens.

Time. It Flowereth in *May*, for the most part, and the seed ripeneth shortly after.

Government and Vertues. Saturn owns the Herb, and presents it to the World as a Cure for his own Diseases, any strengthener of the parts of the Body he rules: If by my Astrological judgement of Diseases, from the Decumbiture, you find *Saturn* Author of the Disease, or if by direction from a Nativity you fear a Saturnine Disease approaching, you may by

this Herb prevent it in the one, and cure it in the other: and therefore 'tis fit you keep a Syrup of it alwaies by you. The Juice or Syrup made therof, or the Decoction made in whey by it ſelf, with ſome other purging or opening Herbs and Roots to cauſe it to work the better, (it ſelf being but weak) is very effectual for the Liver and Spleen, opening the Obſtructions thereof, and clarifying the Blood from ſaltiſh, Cholerick, and Aduſt humors, which cauſe Leproſie, Scabs, Tetters, and Itches, and ſuch like breakings out of the Skin, and after the purging, doth ſtrengthen all the inward parts: It is good alſo againſt the yellow Jaundies, and ſpendeth it by Urin, which it procureth in abundance. The Powder of the dried Herb given for ſome time together, cureth Melancholly, but the Seed is ſtrongeſt in operation for all the former Diſeaſes. The diſtilled water of the Herb is alſo of good effect in the former Diſeaſes, and conduceth much againſt the Plague and Peſtilence, being taken with good Treacle. The diſtilled water alſo, with a little water and Honey of Roſes, helpeth all the ſores of the Mouth or throat, being gargled often therewith. The Juice dropped into the Eyes, cleareth the ſight, and taketh away redneſs, and other defects in them, although it procure ſome pain for the preſent, and cauſe Tears. *Dioſcorides* ſaith, It hindreth any freſh ſpringing of Hairs on the Eye-lids (after they be pulled away) if the Eye-lids be anointed with the juice hereof with Gum *Arabick* diſſolved therein. The juice of Fumitory and Docks mingled with Vinegar, and the places gently waſhed or wet therewith, cureth all ſorts of Scabs, Pimples, Botches, Wheals, Puſhes, which ariſe on the Face or Hands, or any other part of the Body.

Liver, Spleen, Choller, Aduſt Melancholly, Madneſs, Forgetfulneſs, Jaundice, yellow and black, Peſtilence, Sore Mouth, and Throat Eyes, Hairs, Scabs, Itch, Pimples, Wheals.

For the Cure of all Diſeaſes, read my Riverius, Veſlingus, Riolanus, Johnſton, Sennertus, *and* Phyſick for the Poor, &c.

The Furſ-Buſh.

IT is ſo well known, as well by this Name, as in ſome Countries by the Name of *Gors* or *Woins*, that I ſhall not need to write any Deſcription thereof, my intent being to teach my Countrymen what they know not, rather then to tell them again of that which is generally known before.

Place. They are known to grow on dry barren Heaths, and other waſte gravelly or ſandy Grounds in all Countries of this Land.

Time. They alſo flower in Summer Months.

Government and Vertues. *Mars* owns the Herb. They are hot and dry, good to open Obſtructions of the Liver and Spleen. A Decoction made with the flowers thereof, hath been found effectual againſt the Jaundies, as alſo to provoke Urin, and cleanſe the Kidneys from gravel, or ſtones, ingendred in them. *Mars* doth all this by Sympathy.

Obſtructions, Liver, Spleen, Yell. Jaundice, Diſury, Gravel, Stone.

GARLICK

Garlick.

THe offenſiveneſs of the breath of him that hath eaten Garlick will lead you by the Noſe to the knowledge hereof, and (inſtead of a Deſcription) direct you to the place whence it groweth in Gardens, which kinds are the beſt, and moſt Phyſical.

Government and Vertues. *Mars* owns this Herb. This was anciently accounted the Poor-mans *Treacle*, it being a remedy for all Diſeaſes or hurts (except thoſe which it ſelf breeds) It provoketh Urin and Womens Courſes, helpeth the biting of Mad-dogs, and other Venemous Creatures: killeth Worms in Children, cutteth, and avoideth tough flegm, purgeth the Head, helpeth the Lethargy, is a good preſervative againſt, and a remedy for any Plague-ſore, or foul Ulcer: taketh away ſpots and blemiſhes in the Skin, eaſeth pains of the ears, ripeneth and breaketh Impoſthumes or other ſwelling: And for all thoſe Diſeaſes, the Onions are alſo effectual. But the Garlick hath ſome more peculiar Vertues beſides the former, *viz.* It hath a ſpecial quality to diſcuſs inconveniences coming by corrupt Agues or Mineral vapors, or by drinking corrupt and ſtinking Waters; as alſo by taking of Wolf-bane, Hen-bane, Hemlock, or other poyſonfull and dangerous Herbs. It is alſo held good in Hydropick Diſeaſes, the Jaundice, Falling-ſickneſs, Cramps, Convulſions, the Piles or Hemorrhoids, or other cold Diſeaſes.

Urine, Terms provokes, mad-Dogs, venemous Beaſts, Worms, Lethargy, Flegm, Peſtilence, Apoſthums, mineral vapors, ſtinking Waters, Henbane Hemlock, Wolf-bane, Dropſie, Cramps, Convulſions, Falling-ſickneſs.

Many Authors quote many Diſeaſes this is good for, but conceal its Vices: Its heat is very vehement, and all vehement hot things ſend up but ill-favor'd vapors to the Brain: in Cholerick men 'twill add Fuel to the fire, in men oppreſſed by Melancholly, 'twill attenuate the Humor, and ſend up ſtrong Fancies, and as many ſtrange Viſions to the Head: therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it. For cure of all Diſeaſes, read my *Riverius*, *Riolanus*, *Johnſton*, &c.

Gentian, Felwort, *or* Baldmony.

IT is confeſſed that Gentian which is moſt uſed amongſt us, is brought over from beyond Sea: yet have we two ſorts of it growing frequently in our Nation, which beſides the Reaſons ſo frequently alleged, Why Engliſh Herbs ſhould be fitteſt for Engliſh Bodies? hath been proved by the experience of divers Phyſicians to be not a whit inferior in Vertue to that which cometh from beyond Sea: therefore be pleaſed to take the Deſcription of them as followeth.

Deſcript. *The greater of the two hath many ſmall long Roots thruſt down deep in the ground, and abiding all the Winter. The Stalks are ſometimes more, ſometimes fewer, of a brownish green color, which is ſometimes two foot high, if the ground be fruitfull, having many long, narrow, dark green Leaves ſet by couples up to the top: the flowers are long and hollow, of a purple color, ending in five*

corners.

The

The smaller sort which is to be found in our Land, groweth up with sundry stalks not a foot high, parted into several small branches, whereon grow divers small Leaves together, very like those of the lesser Centaury or whitish green color; on the top of the stalks grow divers perfect blew flowers, standing in long husks, but not so big as the other: The Root is very small, and full of thred.

Place. The first groweth in divers places of both the East and West Countries, and as well in wet as in dry Grounds, as neer *Long field* by *Gravsend*, near *Cobham* in *Kent*, near *Lellingstone* in *Kent*, also in a Chalky pit hard by a Paper-mill not far from *Dartford* in *Kent*.

The Second groweth also in divers places in *Kent*, as about *Southfleet*, and *Longfield* upon *Barrow hills* in *Bedfordshire*: also not far from St. *Albans* upon a piece of Wast Chalky ground as you go out of *Dunstable way* toward *Gorhambury*.

Time. They flower in *August*.

Government and Vertues. They are under the Dominion of *Mars*, and is one of the principallest Herbs he is Ruler of. They resist Putrifaction, Poyson, Pestilence: neither can a more sure Remedy be found to prevent the Pestilence than it is. It strengthens the stomach exceedingly, and helps Digestion, it preserves the Heart, and preserves it against fainting and swooning; The Powder of the dry Roots helps the biting of Mad Dogs, and Venemous Beasts, opens Obstructions of the Liver, and restoreth an Appetite of their Meat to such as have lost it: The Herb steeped in Wine, and the Wine drunk, refresheth such as be over-weary with Travel, and are grown lame in their Joynts either by cold or evil lodgings: It helps stitches and griping pains in the Sides: and is an excellent Remedy for such as are bruised by Falls: It provokes Urine, and the Terms exceedingly, therefore let it not be given to women with Child: The same is very profitable for such as are troubled with Cramps and Convulsions to drink the Decoction: Also they say it breaks the Stone, and helps Ruptures most certainly: It is very excellent in all cold Diseases, and for such as are troubled with tough Flegm, Scabs, Itch, or any fretting Sores and Ulcers: It is an admirable Remedy to kill the Worms by taking half a dram of the Powder in the morning in any convenient Liquor, the same is excellent good to be taken inwardly for the Kings Evil. It helps Agues of all sorts, and the yellow Jaundies, as also the Bots in Cattel: when Kine are bitten on the Udder by any venemous Beast, do but stroak the place with the Decoction of any of these, and it will instantly help them.

Poyson, Pestilence, Stomach, Indigestion, Heart preserveth, Fainting, Swooning, Biting of mad dogs, venemous Beasts, Liver, Appetite, Weariness, Joynts, Stitches, Sides, Bruises, Urine provokes, Cramp Convulsion, Stone, Ruptures, tough Flegm, Scabs, itch, Sores, Ulcers, Worms, Kings-Evil, Agues, Yellow Jaundies, Bots Venem. Beasts.

They that think the use of these Medicines is too brief (it's so only for cheapness of the Book) let them read these Books of mine, of the last Edition, viz. *Riverius*, *Vestingus*, *Riolanus*, *Johnston*, *Sennertus*, and *Physick for the Poor*.

CLOVE-

Clove Gilli-flowers.

IT is in vain to deſcribe an Herb ſo well known.

Government and Vertues. They are gallant fine temperate Flowers, of the Nature, and under the Dominion of *Jupiter*: yea, ſo temperate, that no exceſs, neither in heat, cold, drineſs, nor moiſture can be perceived in them: they are great ſtrengthners both of the Brain and Heart, and will therefore ſerve either for Cordials or Cephalicks as your occaſion will ſerve. There is both a Syrup and a Conſerve made of them, and of them alone, commonly to be had at every Apothecaries; to take now and then a little of either, ſtrengthens Nature much in ſuch as are in Conſumptions. They are alſo excellent good in hot Peſtilent Feavers, and expel Poyſon.

Brain, Heart, Conſumptions, ſtrengthens Nature.

Germander.

Deſcript.] *COmmon Germander ſhooteth forth ſundry ſtalks with ſmall and ſomewhat round Leaves, dented about the edges. The flowers ſtand at the tops, of a deep purple colour. The Root is compoſed of divers ſprigs, which ſhoot forth a great way round about, quickly overſpreading a ground.*

Place. It groweth uſually with us in Gardens.

Time. And flowreth in *June* or *July*.

Government and Vertues. It is a moſt prevalent Herbs of *Mercury*, and ſtrengthens the Brain and Apprehenſion exceedingly: (you may ſee what humane Vertues are under *Mercury* in the later end of my *Ephemeris* for 1652.) ſtrengthens them when weak; relieves them, when drooping, by this Herb. This taken with Honey (ſaith *Diſcorides*) is a Remedy for Coughs, for hardneſs of the Spleen, and difficulty of Urin, and helpeth thoſe that are fallen into a Dropſie, eſpecially at the beginning of the diſeaſe, a Decoction being made thereof when it is green and drunk. It alſo bringeth down Womens Courſes, and expelleth the dead Child. It is moſt effectual againſt the poyſon of all Serpents, being drunk in Wine, and the bruiſed Herb outwardly applied, uſed with Honey, it cleanſeth old and foul Ulcers, and made into an Oyl, and the Eyes anointed therewith, taketh away their dimneſs & moiſtneſs. It is likewiſe good for the pains in the ſides, and Cramps. The Decoction thereof taken for ſome daies together, driveth away, and cureth both Tertian and Quartan Agues. It is alſo good againſt all diſeaſes of the Brain, as continual Headach, Falling-ſickneſs, Melancholy, Drowſineſs and Dulneſs of the Spirits, Convulſions and Palſies. A dram of the Seed taken in Powder, purgeth by Urin, and is good againſt the yellow Jaundice. The Juyce of the Leaves dropped into the Ears, killeth the Worms in them. The tops thereof, when they are in flower, ſteeped twenty four hours in a draught of white Wine and drunk, killeth worms in the Belly

Cough, Spleen, Diſury, Dropſie, Terms provokes, Dead Child, Poyſon, Ulcers, Cramps, Agues, Falling-ſickneſs, Headach, Melancholy, Dulneſs of Spirit, Convulſion, Palſie, yellow Jaundice, Worms.

Stinking Gladwin.

Deſcript.] *THis is one of the kinds of Flower-de-luces, having divers Leaves riſing from the Roots very like a Flower-de-luce, but that they are ſharp edged on both ſides, and thicker in the middle, of a deeper green colour, narrower and ſharper pointed, and of a ſtrong ill ſcent if they be bruiſed between the fingers. In the middle riſeth up a reaſonable ſtrong ſtalk a yard high at leaſt, beareth three or four flowers at the top, made ſomewhat like the flowers of the Flower-de-luce, with three upright Leaves, of a dead purpliſh Aſh-colour, with ſome veins diſcoloured in them, the other three do not fall down, nor the three other ſmall ones are ſo arched, nor cover the lower Leaves as the Flower-de-luce doth, but ſtand looſe, or aſunder from them. After they are paſt, there come up three ſquare hard Husks opening wide into three parts when they are ripe, wherein lie reddiſh ſeed, turning black when it hath abiden long. The Root is like that of the Flower-de-luce, but reddiſh on the outſide, and whitiſh within, very ſharp and hot in taſt, of as evil ſcent as the Leaves.*

Place.] This groweth as well in Up-land grounds, as alſo in moiſt places, in Woods, and ſhadowy places by the Sea-ſide in many places of this Land, and is uſually nurſed up in Gardens.

Time.] It flowereth not until *July*, and the Seed is ripe in *Auguſt* or *September*: yet the Husks after they are ripe, opening themſelves, will hold their ſeeds within them for two or three months, and not ſhed them.

Government and Vertues.] It is ſuppoſed to be under the Dominion of *Saturn*. It is uſed by many Country-people to purge corrupt Flegm and Choler, which they do by drinking the Decoction of the Roots, and ſome to make it work more gently, do but infuſe the ſliced Roots in Ale, and ſome take the Leaves which ſerve well for the weaker Stomachs. The Juyce hereof put up, or ſnuffed up the Noſe, cauſeth Sneezing, and draweth from the Head much corruption: and the Powder thereof doth the ſame: The Powder thereof drunk in Wine, helpeth thoſe that are troubled with Cramps and Convulſions, or with the Gout or Sciatica, and giveth eaſe to thoſe that have any griping pains in their body or Belly, and helpeth thoſe that have the Strangury. It is given with much profit to thoſe that have had long Fluxes by the ſharp and evil quality of humors, which it ſtayeth, having firſt cleanſed and purged them by the drying and binding property therein. The Root boyled in Wine and drunk, doth effectually procure Womens Courſes, and uſed as a Peſſary, worketh the ſame effects, but cauſeth Abortion in Women with Child. Half a dram of the Seed beaten to Powder, and taken in Wine, doth ſpeedily cauſe one to piſs which otherwiſe cannot. The ſame taken with Vinegar, diſſolveth the hardneſs and ſwellings of the Spleen. The Root is very effectual in all wounds, and eſpecially of the Head: as alſo to draw forth any Splinters, Thorns, broken bones, or any other thing ſticking in the fleſh, without cauſing

Flegm, Choler, Head, Cramp, Convulſion, Gout, Sciatica, Belly-ach, Strangury, Fluxes, Terms provokes, Diſury, Spleen, Wounds, Splinters, Thorns, broken Bones, Kings-Evil, Itch, Scabs,

ſing pains, being uſed with a little Verdigreece and Honey, and the great Centaury Root. The ſame boyled in Vinegar, and laid upon any tumor or ſwelling, doth very effectually diſſolve and conſume them, yea even the ſwellings of the Throat called the Kings-Evil. The Juyce of the Leaves and Roots healeth the Itch, and all running or ſpreading Scabs and Sores, or Blemiſhes, or Scars in the skin whereſoever they be. *Blemiſhes in the Skin.*

Golden-Rod.

Deſcript.] *This riſeth up with browniſh ſmall round ſtalks, two foot high and ſomtimes more, having thereon many narrow and long dark green Leaves, very ſeldom with any dents about the edges, or any ſtrakes or white ſpots therein, yet they are ſomtimes ſo found, divided at the tops into many ſmall branches, with divers ſmall yellow flowers on every one of them, all which are turned one way, and being ripe, do turn into Down, and are carried away with the wind. The Root conſiſts of many ſmall fibres which grow not deep in the ground, but abideth all the Winter therein, ſhooting forth new branches every year, the old one dying down to the ground.*

Place.] It groweth in the open places of Woods, and Copſes both moiſt and dry Grounds in many places of this Land.

Time.] It flowereth about the month of *July*.

Government and Vertues.] *Venus* claims the Herb, and therefore to be ſure, it reſtores Beauty loſt. *Arnoldus de villa nova* commends it much againſt the ſtone in the Reins and Kidnies, and to provoke Urin in abundance, whereby alſo the Gravel or Stone may be avoided. The decoction of the herb green or dry, or the diſtilled water thereof is very effectual for inward Bruiſes: as alſo to be outwardly applied, it ſtayeth bleeding in any part of the body, and of wounds alſo, the fluxes of humors, the Bloody-flux, and Womens Courſes: and is no leſs prevalent in all Ruptures or burſtings, being drunk inwardly, and outwardly applied. It is a Soveraign Wound-Herb, inferior to none, both for inward and outward hurts, green Wounds, and old Sores, and Ulcers are quickly cured therewith. It is alſo of eſpecial uſe in all Lotions for Sores, or Ulcers in the Mouth, Throat, or Privy-parts of Man or Woman. The Decoction alſo helpeth to faſten the teeth that are looſe in the Gums. *Beauty loſt, Stone, Gravel, Diſury, Wounds, Flux, Bloody-Flux, Terms ſtops, Ruptures, Ulcers, ſore Mouth and Throat, Teeth looſe.*

Gout-wort, *or* Herb-Gerrard.

Deſcript.] *It is a low Herb ſeldom riſing half a yard high, having ſundry Leaves ſtanding on browniſh green ſtalks by threes, ſnipped about, and of a ſtrong unpleaſant ſavor. The Umbels of Flowers are white, and the Seed blackiſh, the Root runneth in the ground, quickly taking up a great deal of room.*

Place. It groweth by Hedg and Wall-ſides, and often in the Borders or Corners of Fields, and in Gardens alſo.

Time. It flowreth and ſeedeth about the end of *July.*

Government and Vertues. *Saturn* rules it: neither is it to be ſuppoſed *Goutwort* had his name for nothing, but upon Experience to heal the cold Gout, and Sciatica; as alſo Joynt-aches, and other cold Griefs. The very bearing of it about one, eaſeth the pains of the Gout, and defends him that bears it from the diſeaſe.

Gout, *Sciatica,* *Joynts.*

Gromel.

OF this I ſhall briefly deſcribe three kinds, which are principally uſed in Phyſick, the Vertues whereof are alike, though ſomewhat different in their manner and form of growing.

Deſcription. The *greater Gromel* groweth up with ſlender hard and hairy ſtalks trailing and taking Root in the ground as it lieth thereon, and parted into many other ſmaller branches with hairy dark green Leaves thereon. At the Joynts with the Leaves come forth very ſmall blew Flowers, and after them hard ſtony roundiſh ſeed. The Root is long and woody, abiding the Winter, and ſhooting forth freſh ſtalks in the Spring.

The *ſmall wild Gromel* ſending forth divers upright hard branched ſtalks two or three foot high, full of Joynts, at every of which groweth ſmall, long, hard, and rough Leaves like the former, but leſſer: among which Leaves come forth ſmall white flowers, and after them grayiſh round ſeed like the former: the Root is not very big, but with many ſtrings thereat.

The *Garden Gromel* hath divers upright, ſlender, woody hairy ſtalks brown and creſſed, very little branched, with Leaves like the former, and white Flowers, after which in rough brown husks is contained a white hard round ſeed, ſhining like Pearls, and greater than either of the former: the Root is like the firſt deſcribed with divers branches and ſtrings thereat, which continueth (as the firſt doth) all Winter.

Place. The two firſt grow wild in barren or untilled places, and by the Way-ſides in many places of this Land. The laſt is a Nurſling in the Gardens of the Curious.

Time. They all flower from *Midſummer* unto *September* ſometimes, and in the mean time the ſeed ripeneth.

Government and Vertues. The Herb belongs to Dame *Venus*, and therefore if *Mars* cauſe the Colick or Stone, as uſually he doth; if in *Virgo*, this is your Cure. Theſe are accounted to be of as ſingular force as any other Herb or Seed whatſoever to break the ſtone, and to avoid it and the Gravel either in the Reins or Bladder: as alſo to provoke Urin being ſtopped, and to help the Strangury. The Seed is of greateſt uſe, being bruiſed and boyled in white Wine, or in Broth, or the like, or the Powder of the Seed taken therein: two drams of the Seed in Powder taken with VVomens Breaſt-Milk, is very effectual to procure a ſpeedy delivery to ſuch women as have ſore pains in their travel, and cannot be delivered. The Herb it ſelf (when the ſeed is not to be had) either boyled, or the Juyce thereof drunk is effectual to all the purpoſes aforeſaid, but not ſo powerful or ſpeedy in operation.

Stone, *Gravel,* *Strangury,* *Travel in Women.*

Gooſe-

Goosberry Buſh.

CAlled alſo Feap-berry, and in *Suſſex* Dew-berry Buſh, and in ſome Countries, Wine-berry.

Government and Vertues.] They are under the Dominion of *Venus*. The Berries whilſt they are unripe, being ſcalded or baked, are good to ſtir up a fainting or decaying Appetite, eſpecially ſuch whoſe ſtomachs are afflicted by Cholerick humors. They are excellent good to ſtay the Longings of Women with Child. They may eaſily keep them preſerved with Sugar all the year long. The Decoction of the Leaves of the Tree, cools hot Swellings and Inflamations; as alſo St. Anthonies fire. The ripe Goosberries being eaten, are an excellent Remedy to allay the violent heat both of the Stomach and Liver. The young and tender Leaves break the Stone, and expel Gravel both from the Kidnies and Bladder. All the evils they do to the Body of Man is, they are ſuppoſed to breed Crudities, and by Crudities, Worms.

Appetite, Stomach, Womens Longing, Swellings, Inflamations, St. Anthonies fire, Stomach, Liver, Stone, Gravel, Worms.

Winter-Green.

Deſcript. *THis ſendeth forth ſeven, eight, or nine Leaves from a ſmall browniſh creeping Root, every one ſtanding upon a long Foot-ſtalk, which are almoſt as broad as long, round pointed, of a ſad green colour, and hard in handling, and like the Leaf of a Pear-tree; from whence ariſeth a ſlender weak ſtalk, yet ſtanding upright, bearing at the top many ſmall, white, and ſweet ſmelling flowers, laid open like a Star, conſiſting of five round pointed Leaves, with many yellowiſh thrids ſtanding in the middle, about a green head, and a long ſtile with them, which in time groweth to be the Seed-veſſel, which being ripe, is found five ſquare with a ſmall point at it, wherein is contained ſeed as ſmall as duſt.*

Place.] It groweth ſeldom in Fields, but frequent in the Woods North-wards, viz. in *Yorkſhire*, *Lancaſhire*, and *Scotland*.

Time.] It flowreth about *June* or *July*.

Government and Vertues.] Winter-green is under the Dominion of *Saturn*, and is a ſingular good Wound Herb, and an eſpecial Remedy for to heal green Wounds ſpeedily, the green Leaves being bruiſed and applied, or the Juyce of them. A Salve made of the green Herbs ſtamped, or the Juyce boyled with Hogs-lard, or with Sallet Oyl and Wax, and ſome Turpentine added unto it, is a ſoveraign Salve, and highly extolled by the Germans, who much uſe it to heal all manner of Wounds and Sores. The Herb boyled in wine and water, and given to drink to them that have any inward Ulcers in their Kidnies, or Neck of the Bladder, doth wonderfully help them. It ſtayeth alſo all Fluxes, whether of Blood or Humors, as the Lask, Bloody-fluxes, Womens Courſes, and bleeding of Wounds, and taketh away any Inflammation

Wounds, Ulcers, Kidnies, Bladder, Flux, Bloody-Flux, Terms ſtops, Inflamations,

Cankers, Fiſtulaes. mation riſing upon pains of the Heart. It is no leſs helpful for foul Ulcers hard to be cured: as alſo for Cankers or Fiſtulaes. The diſtilled Water of the Herb doth effectually perform the ſame things. To cure all Diſeaſes, read my *Riverius, Riolanus, Johnſton, &c.*

Groundſel.

Deſcript, *Our common Groundſel hath a round, green, and ſomewhat brownish ſtalk, ſpread toward the top into branches, ſet with long, and ſomewhat narrow green Leaves cut in on the edges, ſomewhat like the Oak-leaves, but leſſer, and round at the ends: at the tops of the branches ſtand many ſmal green heads, out of which grow ſmal yellow thrids or thrums, which are the flowers, and continue many daies blown in that manner before it paſs away into Down, and with the ſeed is carried away in the wind. The Root is ſmall and thriddy, and ſoon periſheth, and as ſoon riſeth again of its own ſowing, ſo that it may be ſeen many months in the year, both green, and in flower and ſeed, for it will ſpring and ſeed twice in a year at leaſt, if it be ſuffered in a Garden.*

Place. This groweth almoſt every where, as well on tops of Walls, as at the foot among Rubbiſh, and untilled Grounds, but eſpecially in Gardens.

Time. It flowereth as is ſaid before, almoſt in every month through the year.

Government and Vertues. This Herb is *Venus* her Miſtriſs piece, and is as gallant an univerſal Medicine for all Diſeaſes coming of heat, whatſoever they be, or in what part of the body ſoever they lie, as the Sun ſhines upon; 'tis very ſafe and friendly to the body of man: yet cauſeth Vomiting if the Stomach be afflicted, if not purging, and it doth it with more gentleneſs than can be expected. 'Tis moiſt and ſomething cold withal, thereby cauſing expulſion, and repreſſing the heat cauſed by the motion of the internal parts in Purges and Vomits. Lay by our learned Receipts, Take ſo much Senna, ſo much Scammony, ſo much Colocynthis, ſo much Infuſion of Crocus Metallorum, &c. this Herb alone preſerved in a Syrup, in a diſtilled Water, in an Oyntment, ſhall do the deed for you in all hot Diſeaſes, and it ſhall do it, 1. Safely, 2. Speedily.

Choler in the Stomach, Yellow Jaundice, Falling-ſickneſs, Diſzy, Gravel, Sciatica, Colick, Liver, Terms provokes, Womens Breaſts, Privy-parts, Arteries, Joynts & Sinews ever.

The Decoction of the Herb (ſaith *Dioſcorides*) made with Wine and drunk, helpeth the pains of the Stomach proceeding of Choler (which it may well do by a Vomit, as daily Experience ſheweth) The Juyce thereof taken in Drink, or the Decoction of it in Ale, gently performeth the ſame. It is good againſt the Jaundice and Falling-ſickneſs, being taken in Wine; as alſo againſt difficulty of making Water. It provoketh Urin, expelleth Gravel in the Reins or Kidnies; a dram thereof given in Oxymel, after ſome walking or ſtirring of the body. It helpeth alſo the Sciatica, griping of the Belly, and the Colick,

helpeth

helpeth the defects of the Liver, and provoketh Womens Courſes. The freſh Herb boyled and made into a Pultiſs and applied to the Breaſts of Women that are ſwollen with pain and heat, as alſo to the privy parts of Man or Woman, the Seat, or Fundament, or the Arteries, Joynts, and Sinews when they are inflamed and ſwoln, doth much eaſe them: and uſed with ſome ſalt helpeth to diſſolve Knots or Kernels in any part of the Body. The juyce of the Herb or (as *Diaſcorides* ſaith) the Leaves and Flowers, with ſome fine Frankincenſe in Powder, uſed in Wounds of the Body, Nerves or Sinews, doth ſingularly help to heal them. The diſtilled Water of the Herb performeth well, all the aforeſaid Cures, but eſpecially for Inflamations or watering of the eyes by reaſon of the Defluxion of Rheum into them.

heated, Kernels, Wounds in the Sinews, Inflamations in the Eyes.

Hearts-eaſe.

THis is that Herb which ſuch Phyſitians as are licenſed to blaſpheme by Authority without danger, having their Tongues bored through with a hot Iron, call an Herb of the Trinity: It is alſo called by thoſe that are more moderate, Three Faces in a Hood, Live in Idleneſs, Cul-me-to-you; and in *Suſſex* we call them Panſies.

Place.] Beſides thoſe which are brought up in Gardens, they grow commonly about, wild in the Fields, eſpecially in ſuch as are very barren; ſometimes you may find it on the tops of high Hills.

Time.] They flower all the Spring and Summer long.

Government and Vertues.] The Herb is really Saturnine, ſomething cold, viſcous, and ſlimy: A ſtrong Decoction of the Herbs and Flowers (if you will you may make it into a Syrup, or diſtilled in an Alembeck with what Vehicle you pleaſe) is an excellent Cure for the French Pox, the Herb being a gallant Antivenerian; and that Antivenerians are the beſt Cure for that Diſeaſe, far better and ſafer than to torment them with the Flux, divers forreign Phyſitians have confeſſed: The ſpirit of it is excellent good for the Convulſions in Children, as alſo for the Falling-ſickneſs, and a gallant Remedy for Inflamations of the Lungs and Breaſt, Pleuriſie, Scabs, Itch, &c. It is under the Celeſtial Sign *Cancer*.

French Pox, Convulſions, Falling ſickneſs, Inflamations in the Breaſt and Lungs, Pleuriſie, Scabs, Itch.

Hartichokes.

THe Latins call them *Cineria*, only our Colledg calls them *Artichocus*.

Government and Vertues.] They are under the Dominion of *Venus*, and therefore it is no marvel if they provoke Luſt much, as indeed they do, being ſomething windy meat, and yet they ſtay the involuntary courſe of Natural ſeed in Man, which is commonly called Nocturnal Pollutions. And here I care not greatly if I quote a little of *Galens* nonſenſe in his Treatiſe of the *Faculties of Nouriſhments*, he ſaith they contain plenty of Cholerick

Luſt provoketh, Nocturnal Pollutions, Purgeth by urin.

Juyce (which notwithſtanding I can ſcarcely believe) of which he ſaith is ingendred Melancholy Juyce, and of that Melancholy Juyce thin Cholerick Blood; but to proceed: this is certain, That the Decoction of the Root boyled in Wine, or the Root bruiſed and diſtilled in Wine in an Alembick, and being drunk purgeth by Urin exceedingly.

Harts-Tongue.

Deſcript.] *This hath divers Leaves riſing from the Root, every one ſeverally which fold themſelves in their firſt ſpringing and ſpreading; when they are full grown are about a foot long, ſmooth and green above, but hard and with little ſap in them, and ſtraked on the back athwart on both ſides of the middle rib with ſmall and ſomewhat long and brown ſtrokes; the bottoms of the Leaves are a little bowed on each ſide of the middle Rib, ſomewhat narrow with the length, and ſomewhat ſmall at the end. The Root is of many black threds, folded or interlaced together.*

Time. It is green all the Winter, but new Leaves ſpring every year.

Government and Vertues.] *Jupiter* claims Dominion over this Herb, therefore it is a ſingular Remedy for the Liver, both to ſtrengthen it when weak, and eaſe it when afflicted, 'tis no matter by what: you ſhould do well to keep it in a Syrup all the year, for though Authors ſay 'tis green all the year, I ſcarce beleeve it. *Harts-Tongue* is much commended againſt the hardneſs and ſtoppings of the Spleen and Liver, and againſt the heat of the Liver and ſtomach, and againſt Lasks and the Bloody Flux: The diſtilled Water thereof is alſo very good againſt the Paſſions of the Heart, and to ſtay the Hiccough, to help the falling of the Pallat, and ſtay the bleeding of the Gums being gargled in the mouth. *Dioſcorides* ſaith it is good againſt the ſtinging or biting of Serpents. As for the uſe of it, my Directions at later end will be ſufficient, and enough for thoſe that are ſtudious in Phyſick, to whet their Brains upon for one year or two.

Spleen, Liver, Flux, Bloody Flux, Hiccough, Gums, Venemous Beaſts.

The Hazel-Nut.

Hazel Nuts are ſo well known to every Boy, that they need no Deſcription.

Government and Vertues.] They are under the Dominion of *Mercury*. The parched Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or Honeyed Water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk, digeſteth the diſtillations of Rheum from the Head: The dried Husks and ſhels to the weight of two drams taken in red Wine, ſtayeth Lasks, and Womens Courſes, and ſo doth the red skin that covers the Kernels which is more effectual to ſtay Womens Courſes.

Cough, Phtyſick, Flux, Terms ſtops.

And if this be true, as it is, then why ſhould the Vulgar ſo familiarly affirm

firm, That eating Nuts cauſeth ſhortneſs of breath, than which nothing is falſer; for how can that which ſtrengthens the Lungs, cauſe ſhortneſs of breath: I confeſs the Opinion is far elder than I am, I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: or are mens Tongues ſo given to ſlandering one another, that they muſt ſlander Nuts too, to keep their tongues in uſe? If any thing of the Hazel Nut be ſtopping, 'tis the Husks and Shels, and no body is ſo mad to eat them unleſs Phyſically, and the red skin which covers the Kernel, which you may eaſily pull off. And thus I have made an Apology for Nuts, which cannot ſpeak for themſelves.

Hawkweed.

Deſcript.] *IT hath many large Leaves lying on the ground, much rent or torn on the ſides into many gaſhes like* Dandelyon, *but with greater parts more like the ſmooth* Sow-Thiſtle, *from among which ariſeth a hollow rough ſtalk two or three foot high branched from the middle upward, whereon are ſet at every joynt longer Leaves, little or nothing rent or cut, bearing at their top ſundry pale yellow Flowers, conſiſting of many ſmall narrow Leaves, broad pointed, and nicked in at the ends, ſet in a double row or more, the outermoſt being larger than the inner, which from moſt of the* Hawkweeds *(for there are many kinds of them) do hold, which turn into Down, and with the ſmall browniſh ſeeds, is blown away with the wind: The Root is long and ſomewhat greater, with many ſmall fibres thereat. The whole Plant is full of bitter milk.*

Place. It groweth in divers places about Field ſides, and the Path-wayes in dry grounds.

Time.] It flowreth and flies away in Summer Months.

Government and Vertues.] *Saturn* owns it. *Hawkweed* (ſaith *Dioſcorides*) is cooling, ſomewhat drying and binding, and therefore good for the heat of the ſtomach, and gnawings therein, for Inflamations, and the hot fits of Agues. The juyce thereof in Wine, helpeth digeſtion, diſcuſſeth wind, hindreth crudities abiding in the ſtomach, and helpeth the difficulty of making Water, the biting of venemous Serpents, and ſtinging of the Scorpion, if the Herb be alſo outwardly applied to the place, & is very good againſt all other poyſons. A ſcruple of the dried juyce given in Wine and Vinegar, is profitable for thoſe that have the Dropſie. The Decoction of the Herb taken with Honey, digeſteth thin Flegm in the Cheſt or Lungs, and with Hyſop helpeth the Cough. The decoction thereof, and of wild Succory, made with Wine and taken, helpeth the wind chollick and hardneſs of the Spleen, it procureth reſt and ſleep, hindreth Venery, and Venerious Dreams, cooleth heats, purgeth the ſtomach, encreaſeth blood, and helpeth the diſeaſes of the Reins and Bladder. Outwardly applied it is ſingular

Cools, Dries, Binds, gnawing in the Stomach, Inflamations, Agues, Crudities, Diſuery, Venemous Beaſts, Poyſon, Dropſie, Flegm, Chollick, Spleen, Watching, Luſt ſtops, Venerious Dreams, Reins, Bladder, Eyes, ulcers, Burnings, Inflamations, St. Anthonies *fire,*

Heat, Salt, Flegm, Convulſion, Cramp, Freckles, Spots, Morphew, wrinkles.

ſingular good for all the defects and diſeaſes of the Eyes, uſed with ſome Womens Milk, and is uſed with good ſucceſs in fretting or creeping Ulcers, eſpecially in the beginning. The green Herb bruiſed, and with a little Salt applyed to any place burnt with fire before bliſters do ariſe, helpeth them, as alſo Inflamations, St. *Anthonies* fire, and all Puſhes, and Eruptions, Heat, and ſalt Flegm. The ſame applied with Meal and fair Water in manner of a Pultiſs to any place affected with Convulſion and the Cramp, or ſuch as are out of Joynt, doth give help and eaſe. The diſtilled Water cleanſeth the skin, and taketh away Freckles, Spots, the Morphew or Wrinkles in the Face.

The Hawthorn.

IT is not my intent to trouble you with a Deſcription of this Tree, which is ſo well known that it needeth none.

It is ordinarily but a Hedg-buſh, although being pruned and dreſſed, it groweth to be a Tree of reaſonable height.

As for the Hawthorn Tree at *Glaſſenbury*, which is ſaid to flower yearly on *Chriſtmaſs Day*, it rather ſhews the Superſtition of thoſe who obſerve it for the time of its flowring, than any great wonder, ſith the like may be found in divers other places of this Land; as in *Whey-ſtreet* in *Rumny* Marſh, and neer unto *Namptwich* in *Cheſhire*, by a place called *White Green*, where if the Winter be mild, they will have white Bloſſoms all over before and about *Chriſtmaſs* and *May*; if the weather be froſty, it flowreth not until *January*, or that the hard weather be over.

Government and Vertues.] It is a Tree of *Mars*. The Berries, or the Seeds in the Berries beaten to Powder, and drunk in Wine, are

Stone, Dropſie; Flux, Inward pains, Splinters, Thorns.

held ſingular good againſt the ſtone, and are good for the Dropſie. The diſtilled Water of the Flowers ſtayeth the Lask. The Seeds cleared from the Down, bruiſed and boyled in Wine, and drunk, is good for inward tormenting pains: If cloaths and ſpunges be wet in the ſaid diſtilled water, and applied to any place wherein Thorns, Splinters, or the like, do abide in the Fleſh, it will notably draw them forth.

And thus you ſee the Thorn gives a Medicine for his own pricking, and ſo doth almoſt every thing elſe.

Hemlock.

Deſcript.] *THe common great* Hemlock *groweth up with a green ſtalk, four or five foot high or more, full of red ſpots ſometimes, and at the joynts very large winged Leaves, ſet at them, which are divided into many other winged Leaves one ſet againſt another, dented about the edges, of a ſad green colour, branched towards the top, where it is full of umbels of white flowers, and afterwards with whitiſh flat ſeed: The Root is long, white, and ſometimes crooked, and hollow within. The whole Plant, and every part hath a ſtrong heady and ill favour'd ſcent, much offending the Senſes.*

Place.

Place. It groweth in all Countries of this Land by Walls and Hedges ſides, in waſt grounds, and untilled places.

Time. It flowreth and ſeedeth in *July*, or thereabouts.

Government and Vertues. *Saturn* claims Dominion over the Herb; yet I wonder why it may not be applied to the Privities in a *Priapiſmus*, or continual ſtanding of the Yard, it being very beneficial for that Diſeaſe; I ſuppoſe my Authors Judgement was firſt upon the oppoſite Diſpoſition of *Saturn* to *Venus* in thoſe Faculties, and therefore he forbad the applying of it to thoſe parts that it might not cauſe Barrenneſs, or ſpoil the Spirit Procreative, which if it do, yet applied to the Privities it ſtops luſtful thoughts. Hemlock is exceeding cold, and very dangerous, ſpecially to be taken Inwardly: It may ſafely be applied to Inflamations, Tumors, and ſwelling in any part of the Body (ſave the Privy parts) as alſo to St. *Anthonies* fire, Wheals, Puſhes, and creeping Ulcers that riſe of hot ſharp Humors by cooling and repelling the heat. The Leaves bruiſed and laid to the Brow or Forehead, is good for their eyes that are red & ſwollen, as alſo to take away a Pin and Web growing in the Eye, this is a tried Medicine: Take a ſmall handful of the Herb, and half ſo much Bay Salt beaten together, and applied to the contrary Wriſt of the Hand for twenty four hours, doth remove it in thrice dreſſing. If the Root hereof be roaſted under the Embers, wrapped in double wet Papers, untill it be ſoft and tender, and then applied to the Gout in the Hands or Fingers, it wil quickly help this evil. If any ſhall through miſtake eat the Herb Hemlock inſtead of Parſly, or the Root inſtead of a Parſnip (both which it is very like) whereby hapneth a kind of Frenzie, or perturbation of the Senſes, as if they were ſtupified or drunk, the Remedy is, as *Pliny* ſaith, To drink of the beſt and ſtrongeſt pure Wine, before it ſtrike to the Heart, or Gentian put into Wine, or a draught of good Vinegar, wherewith *Tragus* doth affirm, that he cured a Woman that had eaten the Root.

Lechery. Inflamations, St. Anthonies Fire, Tetters, Ring-worms, Eyes, Pin and Web, Gout,

Hemp.

THis is ſo well known to every good Houſwife in the Country, that I ſhall not need to write any Deſcription of it.

Time. it is ſown in the end of *March*, or beginning of *April*, and is ripe in *Auguſt* or *September*.

Government and Vertues. It is a Plant of *Saturn*, and good for ſomething elſe you ſee, than to make Halters only. The Seed of Hemp conſumeth Wind, and by the much uſe therof diſperſeth it ſo much that it drieth up the Natural Seed for Procreation; yet being boyled in Milk and taken, helpeth ſuch as have a hot dry Cough. The Dutch make an Emulſion out of the Seed, and give it with good ſucceſs to thoſe that have the Jaundies, eſpecially in the beginning of the diſeaſe, if there be no Ague accompanying it, for it openeth Obſtructions of the Gall, and cauſeth

Wind, Cough, Jaundies, Gall, Choller, Flux, Chollick.

bleeding, *Worms,* *Earwigs,* *Inflamation,* *Gout,* *Sinews shrunk.*

causeth digestion of Choller. The Emulsion or Decoction of the Seed stayeth Lasks and continual fluxes, easeth the Colick, and allayeth the troublesom Humors in the Bowels, and stayeth bleeding at the mouth, nose, or other place, some of the Leaves being fried with the blood of them that bleed, & so given them to eat. It is held very good to kill the Worms in man or beast, & the Juice dropped into the Ears, killeth Worms in them, and draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflamations in the Head, or any other parts; the Herb it self, or the distilled Water thereof doth the like: The Decoction of the Roots easeth the pains of the Gout, the hard tumors or knots in the joynts, the pains and shrinkings of the Sinews, and the pains of the Hips: The fresh juice mixed with a little Oil and Butter, is good for any place that hath been burnt with fire, being thereto applied. To cure all Diseases, read my *Riverius, Riolanus, Sennertus, &c.*

Henbane.

Description. *OUR common Henbane hath very large, thick, soft, woolly Leaves lying upon the ground, much cut in or torn on the edges, of a dark ill grayish green color, among which rise up divers thick and short stalks two or three foot high, spread into divers smaller branches with lesser Leaves on them, and many hollow Flowers scarce appearing above the Husks, and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow color, somewhat paler toward the edges, with many purplish veins therein, and of a dark yellowish purple in the bottom of the Flower, with a small pointel of the same color in the middle, each of them standing in a hard close husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top points, wherein is contained much small seed very like Poppy seed, but of a duskie grayish color. The Root is great, white, and thick, branching forth divers waies under ground, so like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a heavy ill soporiferous smell somewhat offensive.*

Place. It commonly groweth by the way sides, and under Hedge sides and Walls.

Times. It flowreth in *July*, and springeth again yearly of its own Seed.

I doubt my Authors mistook *July* for *June*, if not for *May*.

Government and Vertues. I wonder in my heart, how Astrologers could take on them to make this an Herb of *Jupiter*, and yet *Mizaldus*, a man of a penetrating brain, was also of that Opinion as well as the rest: the Herb is indeed under the Dominion of *Saturn*, and I prove it by this Argument:

All the Herbs which delight most to grow in Saturnine places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine places, and whole Cart Loads of it may be found near the places where they empty the common Jakes,

Jakes, and ſcarce a ſtinking Ditch to be found without it growing by it. *Ergo* 'tis an Herb of *Saturn.*

The Leaves of Henbane do cool all hot Inflamations in the Eyes, or any other part of the Body; and are good to aſſwage all manner of ſwelling of the Cods or Womens Breaſts, or elſwhere, if they be Boiled in Wine, and either applied themſelves or the Fomentation warm, it alſo aſſwageth the pain of the Gout, the Sciatica, and all other pains in the joints which ariſe from an hot cauſe. And applied with Vinegar to the Forehead and Temples, helpeth the Head-ake and want of ſleep in hot Feavers. The juice of the Herb or ſeed, or the Oil drawn from the Seed doth the like. The Oil of the Seed is helpfull for the Deafneſs, Noiſe, and Worms in the Ears, being dropped therein; the juice of the Herb or Root doth alſo the ſame. The Decoction of the Herb or Seed, or both, killeth Lice in Man and beaſt. The fume of the dried Herb, Stalks, and Seed burned, quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet, by holding them in the fume thereof. The Remedy to help thoſe that have taken Henbane, is to drink Goats Milk, Honeyed Water, or Pine Kernels, with ſweet Wine: or in the abſence of theſe, Fennel ſeed, Nettle ſeed, the ſeed of Creſſes, Muſtard, or Rhadiſh, as alſo Onions or Garlick taken in Wine, do all help to free them from danger, and reſtore them to their due temper again.

Inflamation, Cods, Womens Breaſts, Gout, Sciatica, Joynts, Watching, Deafneſs, Noiſe in the Ears, Chilblains, Kibes.

Take notice that this Herb muſt never be taken inwardly; outwardly, an Oil, Ointment, or Plaiſter of it, is moſt admirable for the Gout, to cool the Venereal heat of the Reins in the French Pox, to ſtop the Tooth-ake being applied to the aking ſide, to allay all Inflamations, and to help the Diſeaſes before premiſed. To cure all Diſeaſes, read *Riolanus, Riverius, Veſlingus, Johnſton, &c.*

French Pox, Tooth-ake.

Hedge-Hyſop.

Deſcription. *Divers ſorts there are of this Plant, the firſt of which is an Italian by birth, and only nurſed up here in the Gardens of the Curious. Two or three ſorts are to be found commonly growing wild here; the Deſcription of two of which I ſhall give you: The firſt is a ſmooth low Plant, not a foot high, very bitter in taſte, with many ſquare Stalks, diverſly branched from the bottom to the top, with divers Joynts, and two ſmall Leaves at each joynt, broader at the bottom than they are at the end, a little dented about the edges, of a ſad green color, and full of Veins: The flowers ſtand at the joynts, being of a fair purple color, with ſome white ſpots in them, in faſhion like thoſe of dead Nettles: The Seed is ſmall and yellow, and the Roots ſpread much under ground.*

The ſecond ſeldom groweth half a foot high, ſending up many ſmall branches, wherein growes many ſmall Leaves ſet one againſt the other, ſomewhat broad, but very ſhort: the Flowers are like the Flowers of the other in faſhion, but of a pale reddiſh color; the Seeds are ſmall and yellowiſh: the

Root

Root spreadeth like the other, neither will it yield to its fellow one ace of bitterness.

Place. They grow in wet low grounds, and by water sides: the last may be found amongst the Bogs on *Hampsted* Heath.

Time. They flower in *June* and *July*, and the Seed is ripe presently after.

Government and Vertues. They are Herbs of *Mars*, and as Chollerick and churlish as he is, being most violent purgers especially of Choller and Flegm: It is not safe taking them inwardly, unles they be well rectified by the Art of the Alchymist, and only the purity of them given; if so used, they may be very healthful both for the Dropsie, Gout, and Sciatica: outwardly used in Ointments, they kill Worms, the Belly being anointed with it; and are excellent good to cleanse old and filthy Ulcers.

Choller, Flegm, Dropsie, Gout, Sciatica, Worms, Ulcers.

For cure of all Diseases, read my *Riverius, Sennertus, Veslingus, Johnston, &c.*

Black Hellebore.

IT is called also Setter-wort, Setter grass, Bears-foot, Christmas Herb, and Christmas Flower.

Descript. *It hath sundry fair green Leaves rising from the Root, each of them standing about a handfull high from the Earth, each Leaf is divided into seven, eight, or nine parts, dented from the middle of the Leaf to the point on both sides, abiding green all the winter: about Christmas time, if the weather be any thing temperate, the flowers appear upon Footstalks, also consisting of five large, round, white Leaves a piece, which sometimes are purple towards the edges, with many pale yellow thrums in the middle: The Seeds are divided into several Cells like those of Colombines, save only they are greater; the Seeds are in color black, and in form long and round: The Root consisteth of a number of numberless blackish strings, all united into one Head.*

There is another black Hellebore which groweth up and down in the Woods very like this, but that only the Leaves are smaller and narrower, and perish in the Winter when this doth not.

Place. The first is maintained in Gardens: The second is commonly found in the Woods in *Northamptonshire.*

Time. The first flowereth in *December* or *January*; the second in *February*, or *March.*

Government and Vertues. It is an Herb of *Saturn* and therefore no marvel if it have some sullen conditions with it, and would be far safer being purified by the Art of the Alchymist, than given raw. If any have taken any harm by taking it, the common cure is to take Goats Milk, if you cannot get Goats Milk, you must make a shift with such as you can get. The Roots are very effectual against all Melancholly Diseases, especially such as are of long standing, as Quartan Agues, and Madness; it helps the Failing sickness, and the Leprosie; both the yellow and the

Melancholly, Quartan Agues, Madness, Falling-sickness, Leprosie.

the black Jaundies, the Gout, Sciatica, Convulſions: and truly this was found out by experience, That the Roots of that which groweth wild in our own Country, works not ſo churliſhly as thoſe do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root uſed as a Peſſary provokes the Terms exceedingly; alſo being beaten into Powder and ſtrewed upon foul Ulcers, it conſumes the dead fleſh, and inſtantly heals them; Nay, it will help Gangrenes in the beginning, twenty grains taken inwardly is a ſufficient Doſe for one time, and let that be corrected with half ſo much Cinamon, Country people uſed to rowel their Cattel with it: if a Beaſt be troubled with the Cough, or have taken any poiſon, they bore a hole through his Ear, and put a piece of the Root in it; this will help him in twenty four hours time. Many other uſes Farriers put it to, which I ſhall forbear. For cure of all Diſeaſes, read my *Riverius*, *Riolanus*, *Johſton*, &c.

Yellow and black Jaundies, Gout, Sciatica, Terms provokes, Ulcers, dead fleſh, Cough and Poyſon in Cattel.

Herb-Robart.

Deſcription. *IT riſeth up with a reddiſh ſtalk two Foot high, having divers Leaves thereon upon very long and reddiſh Foot-ſtalks, divided at the ends into three or five diviſions, each of them cut in on the edges, ſome deeper than others, and all dented likewiſe about the edges, which oftentimes turn reddiſh: At the tops of the ſtalks come forth divers Flowers, made of five Leaves, much larger than the Doves Foot, and of a more reddiſh color, after which come beak heads as in others; The Root is ſmall and threddy and ſmelleth as the whole Plant very ſtrong, almoſt ſtinking.*

Place. This groweth frequently every where by Way-ſides, upon Ditch banks, and waſt grounds whereſoever one goeth.

Time. It flowereth in *June* and *July* chiefly, and the Seed is ripe ſhortly after.

Government and Vertues. It is under the Dominion of *Venus*. Herb Robart is commended not only againſt the ſtone, but to ſtay blood, where, or howſoever flowing; it ſpeedily healeth all green Wounds, and is effectual in old Ulcers in the privy parts, or elſewhere, You may perſwade your ſelf this is true, and alſo conceive a good reaſon for it, if you do but conſider 'tis an Herb of *Venus*, for all it hath a mans Name.

Stone, bleeding, Terms ſtops, Wounds, Ulcers in the Privities.

Herb Truelove, *or* Oneberry.

Deſcription. *ORdinary Herb Truelove hath a ſmall creeping Root running under the upper cruſt of the ground, ſomewhat like a Couch-graſs Root, but not ſo white, ſhooting forth ſtalks with Leaves, ſome whereof carry no berries, though others do, every ſtalk ſmooth without joynts, and blackiſh green, riſing about half a foot high if it bear berries, otherwiſe ſeldom ſo high, bearing at the top four Leaves ſet directly one againſt another in manner of a Croſs or Ribband tied (as it is called) on a True Loves Knot, which are each of them apart ſomewhat like unto a Nightſhade Leaf,*

but

but somewhat broader, having sometimes three Leaves, sometimes five, sometimes six, and those sometimes greater than in others. In the middle of the four leaves riseth up one small slender stalk about an inch high, bearing at the top thereof one flower spread open, like a star, consisting of four small and long narrow pointed Leaves of a yellowish green color, and four other lying between them lesser than they; in the middle whereof stands a round dark purplish button or head, compassed about with eight small yellow mealy thrids with three colors, make it the more conspicuous, and lovely to behold: This button or head, in the middle, when the other Leaves are withered, becometh a blackish purple Berry full of juyce, of the bigness of a reasonable Grape, having within it many white Seeds. The whole Plant is without any manifest taste.

Place. It groweth in Woods and Copses, and sometimes in the corners or borders of Fields, and waste grounds in very many places of this Land; and abundantly in the Woods, Copses, and other places about *Chisleh urst* and *Maidstone* in *Kent*.

Time. They spring up in the middle of *April* or *May*, and are in Flower soon after: The Berries are ripe in the end of *May*, and in some places in *June*.

Government and Vertues. *Venus* owns it. The Leaves or Berries hereof are effectual to expel poison of all sorts, especially that of the Aconites; as also the Plague, and other Pestilential Diseases, Some have been holpen thereby, saith *Mathiolus* that have lyen long in a lingring sickness, and others that by Witchcraft (as it was thought) were become half fooliſh, by taking a dram of the Seeds or Berries hereof in powder every day for twenty daies together, they were restored to their former health. The Roots in Powder taken in Wine easeth the pains of the Chollick speedily: The Leaves are very effectual as well for green Wounds, as to cleanse and heal up old filthy Sores and Ulcers; and is very powerful to discuss all Tumors, and swelling in the Cods, privy-Parts, or Groyn, or in any part of the Body, and speedily to allay all Inflamations. The Leaves or the juice applied to Felons, or those Nails of the Hands or Toes that have Impostumes or Sores gathered together at the Roots of them, healeth them in short space.

Poyson, Pestilence, Feavers, Witchcraft, Chollick, Wounds, Ulcers, Swellings in the Groyn, Cods and Privities, Inflamations, Apostumes.

The Herb is not to be described for the Premises, but is fit to be nourished in every good Womans Garden.

Hyssop.

HYssop is so well known to be an Inhabitant in every Garden, that it will save me labor in writing a Description thereof. The Vertues are as followeth.

Temperature and Vertues. The Herb is *Jupiters*, and the Sign *Cancer*; It strengthens all the parts of the Body under *Cancer* and *Jupiter*; which what they may be, is found amply discoursed of in my *Astrological Judgement* of Diseases. *Dioscorides*

Cough, shortness of breath.

Wheesing, gross Humors, Worms, Yellow Jaundice, Dropsie, Spleen, Inflamations, black and blew spots, Quinzie, Toothach, noise in the Ears, Venemous Beasts, Lice, Itching of the Head, Falling-sickness, Wounds.

scorides saith that Hysop boyled with Rue and Honey and drunk, helpeth those that are troubled with Coughs, shortness of breath, Wheesing, and Rhewmatick Distillations upon the Lungs: taken also with Oxymel, it purgeth grosse humors by the stool; and with Honey killeth worms in the Belly; and with fresh or new Figs bruised, helpeth to loosen the belly, and more forcibly if the Root of Flower-de-luce and Cresses be added thereto. It amendeth and cherisheth the native colour of the body spoiled by the yellow Jaundice, and being taken with Figs and Nitre, helpeth the Dropsie and Spleen. Being boyled with Wine, it is good to wash Inflamations: and taketh away black and blew spots and marks that come by strokes, bruises, or falls, being applied with warm water. It is an excellent Medicine for the Quinzy, or swelling in the throat, to wash and gargle it, being boyled with Figs. It helpeth the Toothach, being boyled in Vinegar, and gargled therewith. The hot Vapors of the Decoction taken by a Funnel in at the Ears, easeth the Inflamations and singing noise of them. Being bruised, and Salt, Honey, and Cummin seed put to it, it helpeth those that are stung by Serpents. The Oyl thereof (the Head being anointed) killeth Lice, and taketh away Itching of the Head. It helpeth those that have the Falling-sickness which way soever it be applied. It helpeth to expectorate tough Flegm, and is effectual in all cold Griefs, or Diseases of the Chest and Lungs, being taken either in a Syrup or licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any cut, or green wound, being thereunto applied.

Hops.

THese are so well known, that they need no Description, I mean the manured kind, which every good Husband or Housewife is acquainted with.

The wild Hop groweth up as the other doth, ramping upon Trees or Hedges that stand next unto them, with rough branches and leaves like the former; but it giveth smaller heads, and in far less plenty than it, so that there is scarce a head or two seen in a year on divers of this wild kind, wherein consisteth the chief difference.

Place. They delight to grow on low moist grounds, and are found in all parts of this Land.

Time. They spring not up until *April*, and flower not until the later end of *June*; the heads are not gathered until the middle or later end of *September*.

Obstructions, Liver, Spleen, Blood, Reins clenseth French Pox;

Government and Vertues. It is under the Dominion of *Mars*. This, in Physical Operations, is to open Obstructions of the Liver and Spleen, to cleanse the Blood, to loosen the Belly, to cleanse the Reins from Gravel, and provoke Urin. The Decoction of the tops of Hops, as well of the tame as the wild, worketh the same effects. In cleansing the

Scabs, Itch, Tetters, Ringworms, Morphew, Poyſon, Worms, Terms provokes, Diſury, yellow Jaundice, Liver, Stomach, Agues.

Blood they help to cure the French Diſeaſe, and all manner of Scabs, Itch, and other breakings out of the body; as alſo all Tetters, Ringworms, and ſpreading Sores, the Morphew, and all diſcolourings of the skin. The Decoction of the Flowers and tops, do help to expel Poyſon that any one hath drunk. Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courſes, and expelleth Urin. A Syrup made of the Juyce and Sugar, cureth the yellow Jaundice, eaſeth the Headach that comes of heat, and tempereth the heat of the Liver and Stomach, and is profitably given in long and hot Agues that riſe of Choler and Blood. Both the wild and the manured are of one property, and alike effectual in all the aforeſaid Diſeaſes.

By all theſe teſtimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. *Reaſon* will tell you how it performs theſe Actions.

Horehound.

Deſcript.] *Common Horehound groweth up with ſquare hoary ſtalks, half a yard or two foot high, ſet at the joynts, with two round crumpled rough Leaves, of a ſullen hoary green colour, of a reaſonable good ſcent, but a very bitter taſt. The Flowers are ſmall, white, and gaping, ſet in rough, hard, prickly Husks, round about the joynts with the Leaves from the middle of the ſtalk upwards, wherein afterward is found ſmall, round, blackiſh ſeed. The Root is blackiſh, hard, and woody, with many ſtrings thereat, and abideth many years.*

Place.] It is found in many parts of this Land, in dry Grounds, and waſt green places.

Time.] It flowreth in and about *July*, and the Seed is ripe in *Auguſt*.

Government and Vertues.] It is an Herb of *Mercury*. A

Difficulty of Breath, Cough, Conſumption, Flegm, Terms provokes, Afterbirth, Wearineſs, Poyſon, Venemous Beaſts, Ulcers, Sides, Eyes,

Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey, is a Remedy for thoſe that are purſie or ſhort-winded, or have a Cough, or are fallen into a Conſumption either through long ſickneſs, or thin Diſtillations of Rhewm upon the Lungs. It helpeth to expectorate tough flegm from the Cheſt, being taken with the Roots of Iris or Orris. It is given to Women to bring down their Courſes, to expel the Afterbirth, and to them that have ſore and long Travels, as alſo to thoſe that have taken Poyſon, or are ſtung or bitten by venemous Serpents. The Leaves uſed with Honey, purge foul Ulcers, ſtay running or creeping Sores, and the growing of the fleſh over the Nails. It alſo helpeth pains of the ſides. The Juyce thereof with Wine and Honey, helpeth to clear the Eyeſight, and ſnuffed up into the Noſtrils, purgeth away the yellow Jaundice, and with a little Oyl of Roſes dropped into the Ears, eaſeth the pains of them. *Galen* ſaith it openeth Obſtructions both

both of the Liver and Spleen, purgeth the Breast and Lungs of Flegm: and used outwardly, it both cleanseth and digesteth. A Decoction of *Horehound* (saith *Mathiolus*) is available for those that have bad Livers, and for such as have Itches and running Tetters. The Powder hereof taken, or the Decoction, killeth Worms. The green Leaves bruised and boyled in old Hogs-grease unto an Oyntment, healeth the bitings of Dogs, abateth the swellings of womens breasts and taketh away the swellings and pains that come by any pricking of Thorns, or such like means, and used with Vinegar, it cleanseth and healeth Tetters. There is a Syrup made of Horehound to be had at the Apothecaries, very good for old Coughs to rid the tough Flegm; as also to avoid cold Rhewm from the Lungs of old Folks, and for those that are Asthmatick or short-winded.

yell. Jaundice, Ears, Obstructions of the Liver and Spleen, Liver, Itch, Tetters, Worms, Dogs bitings, Womens Breasts, Thorns, Asthmacs.

Horstail.

OF that there are many kinds, but I shall not trouble you nor my self with any large Description of them, which do to, were but as the Proverb is, *To find a knot in a Rush.* All the kinds hereof being nothing else but knotted Rushes, some with Leaves, and some without. Take the Description of the most eminent sort as followeth.

Descript.] *The great Horstail at the first springing hath Heads somewhat like those of Asparagus, and after grow to be hard, rough, hollow stalks, joynted at sundry places up to the top, a foot high, so made as if the lower part were put into the upper, whereat grow on each side a bush of small long Rush, like hard Leaves, each part resembling a Horse-tail (from whence it was so called) At the tops of the stalks come forth small Catkins like those of Trees. The Root creepeth under ground, having joynts at sundry places.*

Place.] This (as the most of other sorts hereof) groweth in wet Grounds.

Time.] They spring up in *April*, and their blooming Catkins in *July*; seeding for the most part in *August*, and then perish down to the ground, rising afresh in the Spring.

Government and Vertues.] The Herb is belonging to *Saturn*, yet is very harmless, and excellent good for the things following; Horstail, the smoother rather than the rough, and the leaved rather than the bare, are most Physical. It is very powerful to stanch Bleedings wheresoever, either inward or outward, the Juyce or the Decoction thereof being drunk, or the Juyce, Decoction, or distilled Water applied outwardly. It stayeth also all sorts of Lasks and Fluxes in man or woman, and the pissing of blood, and healeth also not only the inward Ulcers, and Excoriations of the Entrails, Bladder, &c. but all other sorts of foul, moist, and running Ulcers, and soon sodereth together the tops of green wounds. It cureth also Ruptures in Children. The Decoction thereof in Wine being drunk, provoketh Urin, and helpeth the Stone

Bleeding, Flux, Terms stops, Pissing Blood, inward ulcers, Excoriations of the Bladder, ulcers, Wounds, Ruptures, Dist-

ry, Stone, Strangury, Cough, Inflamations, Pimples, red Face.

and the Strangury: and the distilled Water thereof drunk two or three times in a day, and a small quantity at a time; as also easeth the Entrails or Guts, and is effectual against a Cough that comes by distillation from the Head. The Juyce or distilled water being warmed, and hot Inflamations, Pustules, or red wheals, and other breakings out in the skin, which being bathed therewith, doth help them, and doth no less ease the swellings, heat & Inflamations of the Fundament or Privy parts in man or woman

Housleek, *or* Sengreen.

BOth these are so well known unto my Country-men, that I shall not need to writ any Description of them.

Place. It groweth commonly on Walls and House sides, and flowereth in *July*.

Government and Vertues. It is an Herb of *Jupiter*, and it is reported by *Mizaldus*, to preserve what it grows upon from Fire and Lightning. Our ordinary Housleek is good for all inward heats as well as outward, and in the Eyes or other parts of the body. A Posset made with the Juyce of Housleek is singular good in all hot Agues, for it cooleth and tempereth the blood and Spirits, and quencheth the thirst: and is also good to stay all hot defluxions of sharp & salt Rhewms in the Eyes, the Juyce being dropped into them, or into the Ears, helpeth them. It helpeth also other fluxes of humors in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflamations, St. Anthonies fire, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tetters, Ringworms, and the like, and much easeth the pain of the Gout proceeding from an hot cause. The Juyce also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the skin and leaves being laid on them afterwards. It easeth also the Headach, and distempered heat of the Brain in Frenzies, or through want of sleep, being applied to the Temples and Forehead. The leaves bruised and laid upon the Crown or Seam of the Head, stayeth bleeding at the Nose very quickly. The distilled water of the Herb is profitable for all the purposes aforesaid. The leaves being gently rubbed on any place stung with Nettles or Bees, doth quickly take away the pain.

Heat, Eyes, Agues, Thirst, salt Rhewms, Ears, Terms stops, Fluxes, Inflamations, St. Anthonies Fire, Burning, Scaldings, Tetters, Ringworms, Corns on the Hands and Feet, Headach, Frenzie, watching, Bleeding, Nettles, Bees, &c.

Hounds-Tongue.

Descript.] *THe great ordinary* Hounds-Tongue *hath many long and somewhat narrow, soft, hairy, darkish green Leaves, lying on the ground somewhat like unto Bugloss leaves, from among which riseth up a rough hairy stalk about two foot high, with some smaller Leaves thereon, and branched at the top into divers parts, with a small Leaf at the foot of every branch which is somewhat long with many flowers set along the same, which branch is crooked*

or

or turned inwards before it ſ owereth and openeth by degrees as the Flowers do blow, which conſiſt of ſmall purpliſh red Leaves of a dead colour, ſcarcely riſing out of the Husk wherein they ſtand with ſome thrids in the middle. It hath ſometimes a white Flower. After the Flowers are paſt, there cometh rough flat ſeed, with a ſmall pointel in the middle, eaſily cleaving to any garment that it toucheth, and not ſo eaſily pulled off again. The Root is black, thick, and long, hard to break, and full of a clammy juyce, ſmelling ſomewhat ſtrong, of an evil ſcent as the Leaves alſo do.

Place. It groweth in moſt places of this Land, in waſt Grounds, and untilled places by High-way ſides, Lanes, and Hedg ſides.

Time. It flowereth about *May* and *June*, and the ſeed is ripe ſhortly after.

Government and Vertues. It is a Plant under the Dominion of *Mercury*. The Root is very effectually uſed in Pills, as well as in Decoctions, or otherwiſe, to ſtay all ſharp and thin Defluxions of Rhewm from the Head into the Eyes or Noſe, or upon the Stomach or Lungs, as alſo for Coughs or ſhortneſs of breath. The leaves boyled in wine (ſaith *Dioſcorides*) but others do rather appoint it to be made with water, and to add thereto Oyl and Salt, mollifieth or openeth the Belly downwards. It alſo helpeth to cure the biting of a mad Dog, ſome of the leaves being alſo applied to the wound: the leaves bruiſed, or the Juyce of them boyled in Hogs-lard, and applied, helpeth the falling away of the Hair which cometh of hot and ſharp humors; as alſo for any place that is ſcalded or burnt: the leaves bruiſed and laid to any green wound, doth heal it up quickly: the Root baked under the embers, wrapped in Paſt, or wet Paper, or in a wet double Cloth, and thereof a Suppoſitory made, and put up into, or applied to the Fundament, doth very effectually help the painful Piles or Hemorrhoids. The diſtilled Water of the Herb and Roots, is very good to all the purpoſes aforeſaid, to be uſed as well inwardly to drink, as outwardly to waſh any ſore places, for it healeth all manner of Wounds and Punctures, and thoſe foul Ulcers that ariſe by the French Pox.

Matthiolus adds to this, That the Leaves laid under the Feet, will keep the Dogs from barking at you: *Hounds-tongue*, becauſe it ties the tongues of Hounds, whether it be true or not, I never tried: yet I have cured the biting of a mad Dog with this only Medicine.

Engliſh Names. *Hounds-tongue*.

Government and Vertues. *Saturnine*. *Expel Wind, Colick, Flegm, Fluxes, Bloody Fluxes, ſtop the*

Holly, Holm, *or* Hulver-buſh.

FOR to deſcribe a Tree ſo well known, is needleſs.

Government and Vertues. The Tree is really *Saturnine*, The Berries expel wind, and therefore are held to be profitable in the Colick. The Berries have a ſtrong quality with them: for if you eat a dozen of them in the morning faſting when they are ripe, and not dried, they purge the body of groſs and clammy Flegm: but if you dry the Berries, and beat them into Powder, they bind

Terms, Bones broken, Members out of Joynt, Witchcraft.

bind the body, and ſtop Fluxes, Bloody-fluxes, and the terms in Women: the Bark of the tree, and alſo the Leaves are excellent good being uſed in Fomentations for broken Bones, and ſuch Members as are out of Joynt. *Pliny* ſaith the branches of the tree defend Houſes from Lightning, and men from Witchcraft.

St. Johns-wort.

Deſcript. *Common St. Johns-wort ſhooteth forth browniſh, upright, hard, round ſtalks, two foot high, ſpreading many branches from the ſides up to the tops of them, with two ſmall Leaves ſet one againſt another at every place, which are of a deep green colour, ſomewhat like the Leaves of the leſſer Centaury, but narrower, and full of ſmall holes in every Leaf, which cannot be ſo well perceived as when they are held up to the light. At the tops of the ſtalks and branches ſtand yellow Flowers made of five Leaves apiece, with many yellow thrids in the middle, which being bruiſed, do yield a reddiſh juyce like blood, after which come ſmal round Heads, wherein is contained ſmal blackiſh ſeed ſmelling like Rozin. The Root is hard and woody, with divers ſtrings and fibres at it, and of a browniſh colour, which abideth in the ground many years, ſhooting anew every Spring.*

Place. This groweth in Woods and Copſes, as well thoſe that are ſhady as open to the Sun.

Time. They flower about *Mid-ſummer*, and in *July*, and their ſeed is ripe in the later end of *July* or *Auguſt*.

Government and Vertues. It is under the Cœleſtial Sign *Leo*, and under the Dominion of the *Sun*. It may be if you meet with a Papiſt that is an Aſtrologer, he will tell you St. *John* made it over to him by a Letter of Attorney, eſpecially if withal he be a Lawyer alſo. St. Johns-wort is as ſingular a Wound-herb as any other whatſoever, either for inward wounds, hurts, or bruiſes, to be boyled in Wine and drunk, or prepared into Oyl or Oyntment, Bath or Lotion outwardly. It hath power to open Obſtructions, to diſſolve Swellings, to cloſe up the lips of wounds, and to ſtrengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers, but of the Seed eſpecially in Wine, being drunk; or the ſeed made in a Powder, and drunk with the Juyce of Knotgraſs, helpeth all manner of ſpitting and vomiting of blood, be it by any Vein broken inwardly by Bruiſes, Falls, or however. The ſame helpeth thoſe that are bitten or ſtung by any venemous Creature: and is good for thoſe that are troubled with the ſtone in their Kidnies, or that cannot make water; and being applied, provoketh Womens Courſes. Two drams of the ſeed of St. Johns-wort made into Powder, and drunk in a little Broth, doth gently expel Choler or congealed blood in the ſtomach: the decoction of the leaves and ſeeds being drunk ſomewhat warm before the fits of Agues, whether they be Tertians, or Quartans, doth alter the fits, and by

Wounds, Bruiſes, Obſtructions, Swellings, ſpitting and vomiting Blood, venemous Beaſts, Diſury, Choler, Agues, Sciatica, Falling-ſickneſs, Palſie.

by often using, doth take them quite away: The Seed is much commended being drunk for forty daies together, to help the Sciatica, the Falling-Sickness, and the Palsie.

Ivy.

IT is well known to every Child almost to grow in Woods upon the Trees, and upon the stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

Time. It flowreth not until *July*, and the Berries are not ripe till Christmass, that they have felt Winter frosts.

Government and Vertues. It is under the Dominion of *Saturn*. A pugil of the Flowers, which may be about a dram (saith *Dioscorides*) drunk twice a day in red Wine, helpeth the Lask and Bloody Flux. It is an enemy to the nerves & sinews being much taken inwardly, but very helpfull unto them being outwardly applied. *Pliny* saith, That the yellow berries are good against the Jaundies, & taken before one be set to drink hard, preserveth from Drunkennesse, and helpeth those that spit Blood: and that the white Berries being taken inwardly, or applied outwardly, killeth the Worms in the Belly. The Berries are a singular Remedy to prevent the Plague, as also to free them from it that have got it, by drinking the Berries therof made into Powder, for 2. or 3. daies together: They being taken in Wine, do certainly help to break the stone, provoke Urine and Womens Courses. The fresh Leaves of Ivy, boiled in Vinegar, and applied warm to the sides of those that are troubled with the Spleen, Ach, or stitch in the sides, doth give them much ease: the same applied with some Rose-water and Oil of Roses to the Temples & Forehead, easeth the Headake, though it be of long continuance. The fresh Leaves boiled in Wine, and old filthy Ulcers that are hard to be cured washed therwith, doth wonderfully help to cleanse & heal them: It also quickly healeth green Wounds, as also it is effectual to heal all burnings and scaldings, and all kind of exulcerations coming thereby, or by salt Flegm or Humors in other parts of the Body. The Juice of the Berries or Leaves snuffed up into the Nose, purgeth the Head and Brain of thin Rhewm that maketh Defluxions into the Eyes and Nose, and cureth the Ulcers and stench therein: the same dropped into the Ears, helpeth the old, and running sores of them: those that are troubled with the Spleen shall find much ease by continual drinking out of a Cup made of Ivy, so as the drink may stand some small time therein before it be drunk. *Cato* saith, That Wine put into such a Cup will soak through it, by reason of the Antipathy that is between them.

Flux, Bloody Flux, Jaundies, spitting Blood, Worms, Drunkennesse, Pestilence, Stone, Disury, Terms provokes, Spleen, Stitch, Headake, ulcers, Wounds, Burnings, Scaldings, salt flegm, Rhewm, sore Ears.

There seems to be a very great Antipathy between Wine and Ivy, for if any have got a surfet by drinking Wine, his speediest Cure is to drink a draught of the same Wine wherein a handful of Ivy Leaves being first bruised, have been boiled.

Juniper-Buſh.

FOR to give a Deſcription of a Buſh ſo commonly known is needleſſe.

Place. They grow plentifully in divers Woods in *Kent*, upon *Warny*-Common near *Brentwood* in *Eſſex*, upon *Finchly* Common without *Highgate*, hard by the *New-found Wells* near *Dullage*, upon a Common between *Mitcham* and *Croyaon*, in the High-way near *Amerſham* in *Buckinghamſhire*; and in many other places.

Time. The Berries are not ripe the firſt year, but continue green two Summers and one Winter before they be ripe; at which time they are of a black color, and therefore you ſhall alwaies find upon the Buſh green Berries: the Berries are ripe about the Fall of the Leaf.

Government and Vertues. This admirable *Solar* Shrub, is ſcarce to be paralel'd for his Vertues. The Berries are hot in the third degree, and dry but in the firſt, being a moſt admirable Counter-poiſon, and as great a reſiſter of the Peſtilence as any grows; they are excellent good againſt the bitings of venemous Beaſts, they provoke Urin exceedingly, and therefore are very available to diſuries and ſtranguries: it is ſo powerful a Remedy againſt the Dropſie, that the very Lye made of the Aſhes of the Herb being drunk, cures the Diſeaſe: it provokes the Terms, helps the Fits of the Mother, ſtrengthens the ſtomach exceedingly, and expels Wind: indeed there is ſcarce a better Remedy for Wind in any part of the Body, or the Cholick, than the Chymical Oil drawed from the Berries: ſuch Country people as know not how to draw the Chymical Oil, may content themſelves by eating ten or a dozen of the ripe Berries every morning faſting, they are admirable good for the Cough, ſhortneſs of Breath, and Conſumption, pains in the Belly, Ruptures, Cramps, and Convulſions: They give ſafe and ſpeedy delivery to Women with Child, they ſtrengthen the Brain, exceedingly help the Memory, and fortifie the Sight by ſtrengthening the optick Nerves: They are excellent good in all ſorts of Agues, they help the Gout, and Sciatica, and ſtrengthen all the Limbs of the Body. The Aſhes of the Wood is a ſpecial Remedy for ſuch as have the Scurvy to rub their Gums with: the Berries ſtay all fluxes, help the Hemorrhoids or Piles, and kill Worms in Children: A Lye made of the Aſhes of the Wood, and the Body bathed with it, cures the Itch, Scabs, and Leproſie: The Berries break the ſtone, procure appetite when it is loſt, and are excellent good for Palſies and Falling ſickneſs.

Counter poyſon, Peſtilence, venemous Beaſts, Urin provoketh, Diſury, Strangury, Dropſie, Terms provoketh, Mother fits, ſtomach, wind expels, Cholick, cough, ſhortneſs of breath, Conſumption, pains in the belly, ruptures, Cramp, Convulſions, ſpeedy delivery to women, brain, memory, ſight, Agues, Gout, Sciatica, Limbs ſtrengtheneth, Scurvy, fluxes ſtop, Piles, Worms, Itch, Scab, Leproſie, ſtone, Appetite provoketh, palſies, Falling-ſickneſs.

To cure all Diſeaſes, read my *Riverius*, *Riolanus*, *Johnſon*, *Veſlingus*, *Sennertus*, and *Phyſick for the Poor*.

Kidney-

Kidney-wort, *or* Wall-Pennyroyal. *Or*, Wall-Penywort.

Deſcript. *IT hath many thick, flat, and round Leaves growing from the Root, every one having a long footſtalk faſtned underneath about the middle of it, and a little unevenly waved ſometimes about the edges, of a pale green color, and ſomewhat hollow on the upper ſide like a Sawcer; from among which riſe one or more tender ſmooth hollow Stalks half a foot high, with two or three ſmall Leaves thereon, uſually not round as thoſe below, but ſomewhat long and divided at the edges: The tops are ſometimes divided into long branches, bearing a number of flowers, ſet round about a long ſpike one above another, which are hollow and like a little Bell, of a whitiſh green color, after which come ſmall Heads containing very ſmall brownish ſeed, which falling on the ground, will plentifully ſpring up before Winter, if it have moiſture. The Root is round, and moſt uſually ſmooth, grayiſh without, and white within, having ſmall fibres at the head of the Root, and bottom of the ſtalk.*

Place. It groweth very plentifully in many places of this Land, but eſpecially in all the Weſt parts thereof, upon ſtone and Mud Walls, upon Rocks alſo, and in ſtony places upon the ground, at the bottom of old Trees, and ſometimes on the Bodies of them that are decayed and rotten.

Time. It uſually flowreth in the beginning of *May*, and the Seed ripening quickly after, ſheddeth it ſelf: ſo that about the end of *May* uſually the Leaves and ſtalks are withered, dry, and gone until *September*, that the Leaves ſpring up again, and ſo abide all Winter.

Government and Vertues. *Venus* challengeth the Herb under *Libra*. The Juyce or the diſtilled Water being drunk, is very effectual for all Inflamations, and unnatural heats, to cool a fainting hot Stomach, or a hot Liver, or the Bowels: The bruiſed Herb, or the place bathed with the Juice or diſtilled Water thereof, and outwardly applied healeth Pimples, Redneſs, St. Anthonies fire, Anthonies and other outward heats and Inflamations. The ſaid Juyce or Water helpeth much alſo to heal ſore Kidneys, torn or fretted by the ſtone, or exulcerated within, and eaſeth the pains: It alſo provoketh Urine, and is available for the Dropſie, and helpeth to break the ſtone, cooling the inflamed parts, and other pains of the Bowels, and the Bloody Flux. It is ſingular good to cool the painful Piles, or Hemorrhoidal Veins, the Juyce being uſed as a Bath unto them, or made into an Ointment: It is no leſs effectual to give eaſe of pains to the hot Gout, the Sciatica, and the Inflamations and Swellings in the Cods: It helpeth the Kernels or Knots in the Neck or Throat, called the Kings Evil; healeth Kibes and Chilblains if they be bathed with the juyce, or anointed with an Ointment made thereof, and ſome of the skin of the Leaf laid upon them: It is alſo uſed in green Wounds to ſtay the Blood, and to heal them quickly.

Inflamations, Pimples, Redneſs, St. Anthonies fire, kidneys, ſtone, diſury, ſtone, bloody Flux, Piles, Hemorrhoids, Gout, Sciatica, Cods, Kings Evil, Kibes, Chilblains.

KNAP-

Knapweed.

Deſcription. *THe common ſort hereof hath many long, and ſomewhat broad dark green Leaves riſing from the Root, deeply dented about the edges, and ſometimes a little rent or torn on both ſides in two or three places, and ſomewhat hairy withall, among which riſeth a ſtrong round ſtalk four or five foot high, divided into many branches; at the tops whereof ſtand great ſcaly green Heads, and from the middle of them thruſt forth a number of dark purpliſh red thrums or threds, which after they are withered and paſt, there is found divers black ſeeds, lying in a great deal of Down, ſomewhat like unto a Thiſtle ſeed, but ſmaller: The Root is white, hard, and woody, with divers fibres annexed thereun o, which periſheth not, but abideth with Leaves thereon all the Winter, ſhooting out freſh every Spring.*

Place. It groweth in moſt Fields and Meadows, and about their Borders and Hedges, and in many waſt grounds alſo, almoſt every where.

Time. It uſually flowreth in *June* and *July*, and the ſeed is ripe ſhortly after.

Government and Vertues. *Saturn* challengeth the Herb for his own. This Knapweed helpeth to ſtay Fluxes, both of Blood at the Mouth or Noſe, or other outward parts, and thoſe Veins that are inwardly broken, or inward Wounds, as alſo the Fluxes of the Belly: It ſtayeth the Diſtillations of thin and ſharp Humors from the Head upon the ſtomach and Lungs: It is good for thoſe that are bruiſed by any fall, blows, or otherwiſe. It is very profitable for thoſe that are burſten, and have a Rupture, by drinking the Decoction of the Herb and Roots in Wine, and applying the ſame outwardly to the place. It is ſingular good in all running ſores, cankrous and fiſtulous, drying up the moiſture, and healing them up gently, without ſharpneſs; it doth the like to running ſores or ſcabs of the Head, or other parts. It is of ſpecial uſe for the ſoreneſſe of the Throat, ſwelling of the Uvula and Jaws; and excellent good to ſtay the bleeding, and heal up all green Wounds.

Fluxes, bleeding, Veins broken, phtiſick, falls, blows, Ruptures, ſores, Cankers, Fiſtulaes, Scabby head, ſore throat, Uvula, Jaws.

Knot-graſs.

IT is generally ſo well known, that it needeth no Deſcription.

Place. It groweth in every Country of this Land, by the High-way ſides, and by Foot paths in Fields, as alſo by the ſides of old Walls.

Time. It ſpringeth up late in the Spring, and abideth untill Winter, when all the Branches periſh.

Government and Vertues. *Saturn* ſeems to me to own the Herb, and yet ſome hold the *Sun*; out of doubt 'tis *Saturn*. The Juice of the common kind of Knotgraſs, is moſt effectual to ſtay bleeding at the Mouth, being drunk in ſteeled or red Wine: and the bleeding at the Noſe, to be applied to the Forehead and Temples,

Bleeding, Heat, Flux.

Temples, or to be ſquirted up into the Noſtrils. And no leſs effectual to cool and temper that heat of the blood and ſtomach, and to ſtay any Flux of the Blood or Humours, as Lask, Bloody Flux, Womens Courſes, and Running of the Reins. It is ſingular good to provoke Urin, help the Strangury, and allayeth the heat that cometh thereby; and it is powerful by Urin to expel the Gravel or Stone in the Kidneys or Bladder, a dram of the Powder of the Herb being taken in Wine for many dayes together: Being boyled in Wine and drunk, it is profitable to thoſe that are ſtung or bitten by venemous creatures, and very effectual to ſtay all defluxions of Rheumatick humors upon the ſtomach, and killeth Worms in the Belly or Stomach, quitteth inward pains that ariſe from the heat, ſharpneſſe, and corruption of blood and choler: The diſtilled Water hereof taken by it ſelf, or with the Powder of the Herb or Seed is very effectual to all the purpoſes aforeſaid and is accounted as one of the moſt ſoveraign remedies to cool all manner of Inflamations, breakings out through heat, hot ſwellings and Impoſtumations, Gangrenes, & fiſtulous Cankers, or foul filthy Ulcers, being applied or put into them; but eſpecially for all ſorts of Ulcers, and ſores happening in the privy parts of Men and Women. It helpeth all freſh and green Wounds, and ſpeedily helpeth them. The juyce dropped into the Ears, cleanſeth them being foul, and having runnning matter in them.

Bloody Flux, Courſes, Stops, Diſury, Gravel, Venemous Beaſts, Rheum, Worms, Heat, Choler, Inflamations, Apoſtumes, Gangrenes, Fiſtulaes, Cankers, Ulcers, Wounds, Ears.

It is very prevalent for the premiſes; as alſo for broken Joynts, and Ruptures.

Ladies-Mantle.

Deſcript. *It hath many Leaves riſing from the Root, ſtanding upon long hairy foot-ſtalks, being almoſt round, but a little cut in on the edges, into eight or ten parts more or leſs, making it ſeem like a ſtar, with ſo many corners and points, and dented round about, of a light green colour, ſomewhat hard in handling, and as if it were folded, or plaited at firſt, and then crumpled in divers places, and a little hairy as the ſtalk is alſo, which riſeth up among them to the height of two or three foot, with ſuch like Leaves thereon, but ſmaller, and being weak is not able to ſtand upright, but bendeth down to the ground, divided at the top into two or three ſmall branches, with ſmall yellowiſh green Heads, and Flowers of a whitiſh colour, breaking out of them; which being paſt, there cometh ſmall yellow ſeed like Poppy ſeed: The Root is ſomewhat long and black, with many ſtrings or fibres thereat.*

Place.] It groweth Naturally in many Paſtures, and Wood-ſides in *Hartfordſhire*, *Wiltſhire*, and *Kent*, and other places of this Land.

Time.] It flowreth in *May* and *June*, abideth after Seed-time green all the Winter.

Govern-

Government and Vertues.] *Venus* claims the Herb as her own. Ladies Mantle is very proper for thoſe Wounds that have Inflamation, and is very effectual to ſtay bleedings, vomitings, Fluxes of all ſorts in man or woman, and bruiſes by falls or otherwiſe, and helpeth Ruptures, and ſuch Women or Maids as have over great flagging Breaſts, cauſing them to grow leſs and hard, being both drunk, and outwardly applied: The diſtilled Water drunk for twenty dayes together, helpeth Conception, and to retain the Birth, if the Woman do ſometimes alſo ſit in a Bath made of the Decoction of the Herb. It is one of the moſt ſingular Wound Herbs that is, and therefore highly prized and praiſed by the *Germans*, who uſe in all Wounds inward and outward, to drink the Decoction thereof, and waſh the Wounds therewith, or dip Tents therein, and put them into the Wounds, which wonderfully drieth up all humidity of the ſores, and abateth Inflamations therein. It quickly healeth all green Wounds, not ſuffering any corruption to remain behind, and cureth old ſores, though fiſtulous and hollow.

Inflamations, Bleeding, Vomiting, Fluxes, Bruiſes, Ruptures, Flagging Breaſts, Barrenneſs, Women with Child.

Lavender.

BEing an Inhabitant in almoſt every Garden, it is ſo well known, that it needeth no Deſcription.

Time. It flowreth about the end of *June*, and beginning of *July*.

Government and Vertues.] *Mercury* owns the Herb, and it carries his effects very potently. *Lavender* is of ſpecial good uſe for all the griefs and pains of the Head and Brains that proceed of a cold cauſe, as the Apoplexy, Falling-ſickneſs, the drouzy or ſluggiſh Malady, Cramps, Convulſions, Palſeys, and often faintings. It ſtrengthereth the ſtomach, and freeth the Liver and Spleen from Obſtructions, provoketh Womens Courſes, and expelleth the dead Child and After-birth. The Flowers of Lavender ſteeped in Wine, helpeth them to make water that are ſtopped, or are troubled with the Wind or Cholick, if the places be bathed therewith. A Decoction made with the flowers of Lavender, Horehound, Fennel, and Aſparagus Roots, and a little Cinnamon, is very profitably uſed to help the Falling-ſickneſs, and the giddineſs or turning of the Brain: To gargle the Mouth with the Decoction thereof is good againſt the Toothach. Two ſpoonfuls of the diſtilled Water of the Flowers taken, helpeth them that have loſt their voice; as alſo the tremblings and paſſions of the Heart, and faintings and ſwoonings, not only being drunk, but applied to the Temples, or Noſtrils to be ſmelt unto, but it is not ſafe to uſe it where the body is repleat with Blood and humors, becauſe of the hot and ſubtil ſpirits wherewith it is poſſeſſed. The Chymical Oyl drawn rom Lavender, uſually called Oyl of Spike, is of ſo fierce and piercing ſpi-

Head, brains, Apoplexy, Falling-ſickneſs, Lethargy, Cramps, Convulſions, Palſey both dead and ſhaking, Stomach, Liver, Spleen, Terms provokes, Cholick, Vertigo, Loſs of Voyce, Trembling, Fainting.

rits

rits that it is cautiouſly to be uſed, ſome few drops being ſufficient to be given with other things, either for inward or outward Griefs.

Lavender Cotton.

IT being a common Garden Herb, I ſhall forbear the Deſcription, onely take notice, That it flowereth in *June* and *July*.

Government and Vertues.] It is under the Dominion of *Mercury*. It reſiſteth Poyſon, Putrefaction, and helps the bitings of Venemous Beaſts: A dram of the Powder of the dried Leaves taken every morning faſting in any convenient Vehicle, ſtops the running of the Reins in Men, and the Whites in Women. The Seed being beaten into Powder, and taken as Wormſeed, it kills the Worms, not onely in Children, but alſo in people of riper years: the like doth the Herb it ſelf being boiled in Milk, and the Milk drunk: The Body bathed with the Decoction of it, helps Scabs and Itch.

Poyſon, Putrifaction, Venemous Beaſts, Running of the Reins, Whites in Women, Worms, Scabs, Itch.

Ladies-Smocks, *or* Cuckoo-Flowers.

Deſcript.] *THe Root is compoſed of many ſmall white threds, from whence ſpringeth up divers long ſtalks of winged Leaves conſiſting of many round tender dark green Leaves ſet one againſt another upon a middle Rib, the greateſt being at the ends, amongſt which riſe up divers tender weak round green ſtalks, ſomewhat ſtraked with longer and ſmaller Leaves upon them; on the tops of which ſtand flowers almoſt like Stock Gilliflowers, but rounder and not ſo long, of a bluſhing white colour: The Seed is reddiſh, and groweth in ſmall pouches, being of a ſharp biting taſt, and ſo hath the Herb.*

Place. They grow in moiſt places, and neer to Brook-ſides.

Time.] They flower in *April*, or *May*, and the lower Leaves continue green all the Winter.

Government and Vertues.] They are under the Dominion of the *Moon* and very little inferiour to Water-Creſſes in all their operations: They are excellent good for the Scurvy: they provoke Urin and break the Stone, and excellently warm a cold and weak ſtomach, reſtoring loſt appetite, and helping digeſtion.

Scurvy, provoke Urin, Stone, Stomach, Loſt Appetite, Indigeſtion.

Lettice.

IT is well known, being generally uſed as a Sallet Herb, that it is altogether needleſs to write any Deſcription thereof.

Government and Vertues. The *Moon* owns them, and that's the Reaſon they cool and moiſten what heat and dryneſs *Mars* cauſeth, becauſe *Mars* hath his fall in *Cancer*, and they cool the Heart, becauſe the Sun rules it, between whom and the *Moon* is a Reception in the Generation of Man, as you may ſee in my Guide for Women. The Juyce of *Lettice* mixed or boyled with

Watching, *Head-ach,* *Indigeſtion,* *Thirſt,* *Milk encreaſeth,* *Choler,* *Bowels,* *Luſt,* *Venerious Dreams,* *Inflamation,* *Heat of Urin.*

with Oyl of Roſes, and applied to the fore-head and temples, procureth ſleep, and eaſeth the Head-ach proceeding of an hot cauſe: being eaten boyled, it helpeth to looſen the Belly. It helpeth digeſtion, quencheth thirſt, encreaſeth Milk in Nurſes, eaſeth griping pains of the Stomach or Bowels, that come of Choler. It abateth Bodily Luſt, repreſſeth Venerious Dreams, being outwardly applied to the Cods with a little Camphire: Applied in the ſame manner to the Region of the Heart, Liver, or Reins, or by bathing the ſaid place with the juyce or diſtilled water, wherein ſome white ſanders, or red Roſes are put alſo, it not only repreſſeth the heat and Inflamation therein, but comforts and ſtrengthens thoſe parts, and alſo tempereth the heat of Urin. *Galen* adviſeth old men to uſe it with ſpices, and where ſpices are wanting, to add Mints, Rocket, and ſuch like hot herbs, or elſe Citron, Lemon, or Orange ſeeds, to abate the cold of one, and heat of the other. The ſeed and diſtilled water of the Lettice work the like effects in all things: but the uſe of Lettice is chiefly forbidden to thoſe that are ſhort winded, or have any imperfection in their Lungs, or ſpit Blood.

The Water-Lilly.

OF theſe there are two principally noted kinds, *viz.* The white, and the yellow.

Deſcript.] *The white* Lilly *hath very large, and thick dark green Leaves lying on the water, ſuſtained by long and thick Foot-ſtalks, that riſe from a great, thick, round and long tuberous black Root, ſpungy or looſe with many knobs thereon like Eyes, and whitiſh within, from amidſt the which riſe other the like thick and great ſtalks, ſuſtaining one large white flower thereon, green on the outſide, but as white as Snow within, conſiſting of divers rows of long, and ſomewhat thick and narrow Leaves, ſmaller and thinner the more inward they be, encompaſſing a head within with many yellow threds or thrums in the middle, where after they are paſt, ſtand round Poppy-like Heads, full of broad, oily, and bitter ſeed.*

The yellow kind is little different from the former, ſave only it hath fewer Leaves on the Flowers, greater and more ſhining ſeed, and a whitiſh Root, both within and without: The Roots of both being ſomewhat ſweet in taſt.

Place.] They are found growing in great Pools and ſtanding waters, and ſometimes in ſlow running Rivers and leſſer Ditches of water, in ſundry places of this Land.

Time. They flower moſt commonly about the end of *May*, and their Seed is ripe in *Auguſt*.

Government and Vertues.] The Herb is under the Dominion of the *Moon*, and therefore cools and moiſtens like the former. The Leaves and Flowers of the *water-Lilies* are cold and moiſt, but the Root and Seed is cold and dry: The Leaves do cool all Inflamations, and both outward and inward heats of Agues, and ſo doth the

Inflamations, *Agues.*

Flowers

Flowers alſo, either by the Syrup or Conſerve: The Syrup helpeth much to procure reſt, and to ſettle the Brains of Frantick perſons, by cooling the hot diſtemperature of the Head. The Seed as well as the Root is effectual to ſtay Fluxes of Blood or Humors, either of wounds, or of the Belly: but the Roots are moſt uſed, ſome chooſing the one, and ſome the other, to be more effectual to cool, bind, and reſtrain all Fluxes in Man or woman, as alſo the Running of the Reins, and the paſſing away of the ſeed when one is aſleep: but the frequent uſe hereof extinguiſheth Venerious Actions: The Root is likewiſe very good for thoſe whoſe Urin is hot and ſharp, to be boyled in Wine or Water, and the Decoction drunk. The diſtilled water of the Flowers is very effectual for all the Diſeaſes aforeſaid, both inwardly taken and outwardly applied, and is much commended to take away Freckles, Spots, Sunburn, and Morphew from the Face, or other parts of the Body. The Oyl made of the flowers, as Oyl of Roſes is made, is profitably uſed to cool hot Tumors, and the Inflamations of Ulcers and wounds, and to eaſe the pains, and help the ſores.

Watching, Frenzie, Flux, Belly, Running of the Reins, Venery, Freckles, Spots, Sunburn, Morphew.

Lilly of the Valley.

CAlled alſo *Conval-Lilly*, *May-Lilly*, and *Lilly Confancy*.

Deſcript. *The Root is ſmall, and creepeth far in the Ground, as Graſs Roots do: the Leaves are many, amongſt which ariſeth up a ſtalk half a foot high, with many white flowers like little bells, with turned edges, of a ſtrong, though pleaſing ſmell: the Berries are red, not much unlike thoſe of* Sparragus.

Place. They grow plentifully upon *Hamſted-heath*, and in many other places in this Nation.

Time. They flower in *May*, and the Seed is ripe in *September*.

Temperature and Vertues. It is under the Dominion of *Mercury*, and therefore there is no queſtion to be made but it ſtrengthens the Brain, recruits a weak Memory, and makes it ſtrong again: The diſtilled Water dropped into the Eyes, helps inflamations there, as alſo that infirmity which they call a Pin and Web: the ſpirit of the flowers diſtilled in Wine, reſtoreth loſt ſpeech, helps the Palſie, and is exceeding good in the Apoplexy, comforteth the Heart and vital ſpirits. *Gerard* ſaith, That the Flowers being cloſe ſtopped up in a Glaſs put into an Ant-hil, and taken away again a month after, you ſhall find a Liquor in the Glaſs, which being outwardly applied helps the Gout.

Brain, Memory, Inflamations in the Eyes, pin & Web, loſt ſpeech, Palſie, Apoplexy, Heart, Vital Spirits, Gout.

White-Lillies.

IT were in vain to deſcribe a Plant ſo commonly known in every ones Garden, therefore I ſhall not tell you what they are, but what they are good for.

Govern-

Government and Vertues.] They are under the Dominion of the *Moon*, and by Antipathy to *Mars*, expel poyſon: they are excellent good in Peſtilential Feavers: The Roots being bruiſed and boyled in Wine, and the Decoction drunk, for it expels the Venom to the exteriour parts of the Body: The Juyce of it being tempered with Barly-meal baked, and ſo eaten for ordinary bread, is an excellent cure for the Dropſie: An Oyntment being made of the Root and Hogs greaſe, is excellent good for ſcald-heads, and unites Sinews when they are cut; beſides the Vertue that it hath to cleanſe Ulcers, it being of a fine ſuppurating quality: The Root boyled in any convenient Decoction, gives ſpeedy delivery to Women in Travel, and expels the After-birth: The Root roaſted and mixed with a little Hogs-greaſe, makes a gallant Pultiſs to ripen and break Plague-ſores: The Oyntment is excellent good for ſwellings in the Privities, and will cure Burnings and Scaldings without a ſcar, and trimly deck a bald place with Hairs.

Poyſon, Peſtilential Feavers, Venoms, Dropſie, Scald-Heads, unites Sinews, ulcers, After-birth, Plague-ſores, Swellings in the Privities Burnings, Scaldings, Hair reſtoreth.

Liquoris.

Deſcript.] *Our* Engliſh Liquoris *riſeth up with divers woody ſtalks, whereon are ſet at ſeveral diſtances, many narrow, long, green Leaves, ſet together on both ſides of the ſtalks, and an od one at the end, very well reſembling a young Aſh-tree ſprung up from the ſeed: This by many years continuance in a place without removing, and not elſe, will bring forth Flowers, many ſtanding together ſpike faſhion one above another upon the ſtalks, of the form of Peaſe-bloſſoms, but of a very pale blew colour, which turn into long, ſomewhat flat, and ſmooth Cods, wherein is contained ſmall, round, hard ſeed: The Root runneth down exceeding deep into the ground, with divers other ſmaller Roots and Fibres growing with them, and ſhoot out Suckers from the main Roots all about, whereby it is much increaſed, of a browniſh colour on the outſide, and yellow within.*

Place. It is planted in Fields and Gardens in divers places of this Land, and thereof good profit is made.

Government and Vertues.] It is under the Dominion of *Mercury*. *Liquoris* boyled in fair Water with ſome Maiden-hair and Figs, maketh a good Drink for thoſe that have a dry Cough or Hoarſneſs, Wheeſing, Shortneſs of Breath, and for all the griefs of the Breaſt and Lungs, Phtiſick or Conſumptions cauſed by the Diſtillation of Salt Humors on them. It is alſo good in all pains of the Reins, the Strangury, and heat of Urin: The fine powder of *Liquoris* blown through a quill into the Eyes that have a Pin and Web (as they call it) or Rheumatick Diſtillations into them doth cleanſe and help them: The Juyce of *Liquoris* is as effectual in all the Diſeaſes of the Breaſt and Lungs, the Reins and Bladder, as the Decoction. The Juyce diſſolved in Roſe-water, with ſome Gum-Tragacanth, is a fine licking Medicine for Hoarſneſs, Wheeſings, &c. Liver-

Cough, Hoarſneſs, Phtiſick, Conſumption, Reins, Strangury, Heat of urin, Eyes, Bladder.

Liverwort.

Deſcription. *COmmon Liver-wort groweth cloſe, and ſpreadeth much upon the ground in moiſt and ſhadowy places, with many ſad green Leaves, or rather (as it were) ſticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which ariſe ſmall ſlender ſtalks an inch or two high at moſt, bearing ſmall ſtarlike flowers at the tops: The Roots are very fine and ſmall.*

Government and Vertues. It is under the Command of *Jupiter*, and under the ſign *Cancer*. It is a ſingular good Herb for all the Diſeaſes of the Liver, both to cool & cleanſe it, and helpeth the Inflamations in any part, and the yellow Jaundice likewiſe: being bruiſed and boiled in ſmall Beer and drunk, it cooleth the heat of the Liver and Kidnies, and helpeth the running of the Reins in Men, and the Whites in Women: It is a ſingular Remedy to ſtay the ſpreading of Tetters, Ring-worms, and other fretting and running Sores and Scabs, and is an excellent Remedy for ſuch whoſe Livers are corrupted by Surfets, which cauſeth their bodies to break out, for it fortifies the Liver exceedingly, and makes it impregnable. For cure of all Diſeaſes, read my *Riverius*, *Riolanus*, *Johnſton*, *Veſlingus*, *&c.*

Liver, *Inflamation*, *Yellow Jaundies*, *Spleen*, *Running of the Reins*, *Whites*, *Tetters*, *ringworms*, *Surfets*.

Looſ-ſtrife, *or* Willow Herb.

Deſcription. *COmmon yellow Looſ-ſtrife groweth to be four or five foot high, or more, with great round Stalks a little creſted, diverſly branched from the middle of them to the tops into great and long branches, on all which at the Joynts there grow long and narrow Leaves, but broader below, and uſually two at a Joynt, yet ſometimes three or four ſomewhat like Willow-Leaves, ſmooth on the edges, and of a fair green color from the upper joynts of the branches, and at the tops of them alſo ſtand many yellow flowers of five Leaves a piece, with divers yellow threds in the middle, which turn into ſmall round heads, containing ſmall cornered ſeeds: The Root creepeth under ground, almoſt like Couch-graſs, but greater, and ſhooteth up every ſpring, browniſh heads, which afterwards grow up into Stalks: It hath no ſcent nor taſt but only aſtringent.*

Place. It groweth in many places of this Land in moiſt Meadows, and by Water-ſides.

Time. It flowereth from *June* to *Auguſt*.

Government and Vertues. This Herb is good for all manner of bleeding at Mouth, or Noſe, or Wounds, and all Fluxes of the Belly, and the Bloody Flux, given either to drink, or taken by Clyſter, it ſtayeth alſo the abundance of womens Courſes: It is a ſingular good Wound Herb for green wounds, to ſtay the bleeding, and quickly cloze together the Lips of the wound, if the Herb be bruiſed, and the juice only applied: It is often uſed in Gargles for ſore Mouths, as alſo for the

Bleeding, *Flux*, *Bloody Flux*, *Terms ſtops*, *Wounds*, *Sore Mouth*, *Privities*, *Gnats*.

ſecret parts: The ſmoak hereof being burned, driveth away Flies and Gnats which uſe in the night time to moleſt people inhabiting near Marſhes, and in the Fenny Countries.

Looſ-ſtrife, with ſpiked heads of Flowers.

Deſcript. *This groweth with many woody ſquare ſtalks, full of joynts, about three foot high at leaſt, at every one whereof, ſtand two long Leaves, ſhorter, narrower, and of a larger green color than the former, and ſome browniſh. The ſtalks are branch'd into many long ſtems of ſpiked Flowers, half a foot long, growing in Bundles one above another, out of ſmall husks very like the ſpiked heads of Lavender, each of which Flowers have five round pointed Leaves of a purple Violet color, or ſomewhat inclining to redneſs, in which husks ſtand ſmall round heads after the Flowers are fallen, wherein is contained ſmall ſeed: The Root creepeth under ground like unto the yellow, but is greater than it; and ſo are the heads of the Leaves when they firſt appear out of the ground, and more brown than the other.*

Place. It groweth uſually by Rivers, and Ditches ſides in wet Grounds, as about the Ditches at and neer *Lambeth*; and in many other places of this Land.

Time. It flowreth in the Months of *June* and *July*.

Government and Vertues. The Herb is an Herb of the *Moon*, and under the Sign *Cancer*: neither do I know a better Preſerver of the ſight when 'tis well; nor a better Cure of ſore Eyes, than Eyebright taken inwardly, and this uſed outwardly: 'tis cold in quality. This Herb is no whit inferior unto the former; it having not only all the Vertues which the former hath, but ſome peculiar Vertues of its own found out by experience, as namely, The Diſtilled water is a preſent Remedy for Hurts and Blows on the Eyes, and for Blindeſs, ſo as the Chriſtalline Humor be not periſhed or hurt; and this hath been ſufficiently proved true by the experience of a man of Judgment, who kept it long to himſelf as a great ſecret: It alſo cleereth the Eyes of duſt or any other thing gotten into them, and preſerveth the ſight. It is alſo very much available againſt Wounds and Thruſts, being made into an Ointment on this manner, To every ounce of the Water, add two drams of *May* butter without ſalt, and of Sugar and Wax, of each as much alſo, let them boil gently altogether: Let tents be dipped in the Liquor that remaineth after it is cold, & put into the wounds, and the place covered with a linnen cloth doubled and anointed with the Ointment: and this is alſo an approved Medicine. It likewiſe cleanſeth and healeth all foul Ulcers and ſores whatſoever, & ſtayeth their inflamations by waſhing them with the water, and laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This Water gargled warm in the Mouth, and ſometimes drunk alſo, doth cure the Quinſie, or Kings Evil in the Throat. The ſaid water applied warm, taketh away all ſpots, Marks, and Scabs in the skin: And a little of it drunk, quencheth thirſt when it is extraordinary.

Eyes, blindneſs, Wounds, Ulcers, Inflamations, Quinſie, Kings-Evil, Spots, Marks, Scars.

LOVAGE

Lovage.

Deſcript. *IT hath many long and great ſtalks, of large winged Leaves divided into many parts like Smallage, but much larger and greater, every leaf being cut about the edges, broad eſt forewards, and ſmalleſt at the ſtalk, of a ſad green color, ſmooth and ſhining; from among which riſe up ſundry ſtrong hollow green ſtalks, five or ſix foot, yea ſometimes ſeven or eight foot high, full of joynts, but leſſer Leaves ſet on them than grow below: and with them toward the tops come forth long branches, bearing at their tops large umbels of yellow flowers; and after them flat browniſh ſeed. The Root groweth thick, great, and deep ſpreading much, and enduring long, of a browniſh color on the out-ſide, and whitiſh within. The whole Plant, and every part of it, ſmelleth ſtrong, and Aromatically, and is of an hot, ſharp, biting taſt.*

Place. It is uſually planted in Gardens, where if it be ſuffered, it groweth huge and great.

Time. It flowereth in the end of *July*, and ſeedeth in *Auguſt*.

Government and Vertues. It is an Herb of the *Sun* under the Sign *Taurus*, if *Saturn* offend the Throat (as he alwaies doth, if he be occaſioner of the Malady, and in *Taurus* is the Geneſis) this is your Cure. It openeth, cureth, and digeſteth Humors, and mightily provoketh womens Courſes and Urin. Half a dram at a time of the dried Root in Powder taken in Wine, doth wonderfully warm a cold ſtomach, helping digeſtion, and conſuming all raw and ſuperfluous moiſture therein: eaſeth all inward gripings and pains, diſſolveth wind, and reſiſteth Poyſon and Infection: It is a known and much practiſed Remedy to drink the Decoction of the Herb for any ſort of Ague, and to help the pains and torments of the Body and Bowels coming of cold. The Seed is effectual to all the purpoſes aforeſaid (except the laſt) and worketh more powerfully: The Diſtilled water of the Herb, helpeth the Quinſie in the throat, if the mouth and throat be gargled and waſhed therewith, and helpeth the Pleuriſie, being drunk three or four times. Being dropped into the Eyes it taketh away the redneſs or dimneſs of them; it likewiſe taketh away Spots or Freckles in the Face. The Leaves bruiſed and fried with a little Hogs Lard, and laid hot to any Botch or Boil, will quickly break it.

Humors, Terms, provokes, Diſury, Cold Stomach, Indigeſtion, wind, poyſon, Epidemical Diſeaſes, Agues, belly-ake, Quinſie, Pleuriſie, ſpots, freckles, Boyls.

Lungwort.

Deſcript. *THis is a kind of* Moſs *that groweth on ſundry ſorts of trees, eſpecially Oakes, and Beeches, with broad, grayiſh toug Leaves, diverſly folded, crumpled, and gaſhed in on the edges, and ſometimes ſpotted alſo, with many ſmell ſpots on the upper ſide; It was never ſeen to bear any ſtalk or flower at any time.*

Government and Vertues. *Jupiter* ſeems to own this Herb. This is of great uſe with many Phyſicians to help the Diſeaſes of the Lungs, and for Coughs, Wheeſings, and ſhortneſs of Breath which

Lungs, Coughs, wheeſing, ſhort.

neſs of breath, Ulcers in the Privities and elſewhere.

which it cureth both in Man and Beaſt; It is very profitably put into Lotions that are taken to ſtay the moiſt Humors that flow to Ulcers, and hinder their healing, as alſo to waſh all other Ulcers in the privy parts of Man or Woman.

It is an excellent Remedy boiled in Beer for broken-winded Horſes.

Madder.

Deſcription. *Garden Madder ſhooteth forth many very long, weak, four ſquare, reddiſh ſtalks trailing on the ground a great way, very rough or hairy, and full of joynts; at every of thoſe joynts come forth divers long, and ſomewhat narrow Leaves, ſtanding like a ſtar about the ſtalks, rough alſo and hairy, toward the tops whereof come forth many ſmall pale yellow Flowers: after which come ſmall round heads, green at firſt, and reddiſh afterwards, but black when they are ripe, wherein is contained the Seed. The Root is not very great, but exceeding long, running down half a mans length into the ground, red and very cleer while it is freſh, ſpreading divers wayes.*

Place. It is only manured in Gardens or larger Fields for the profit that is made thereof.

Time. It flowereth towards the end of Summer, and the ſeed is ripe quickly after.

Government and Vertues. It is an Herb of *Mars.* It hath an opening quality, and afterwards to bind and ſtrengthen. It is an aſſured Remedy for the Yellow Jaundice, by opening the Obſtructions of the Liver and Gall, and cleanſing thoſe parts: It openeth alſo the Obſtructions of the Spleen, and diminiſheth the Melancholick Humor, it is available for the Palſey and Sciatica, and effectual for bruiſes inward or outward, and is therefore much uſed in Vulnerary Drink. The Root for all thoſe aforeſaid purpoſes, is to be boyled in Wine, or Water, as the cauſe requireth, and ſome Honey and Sugar put thereunto afterwards. The Seed hereof taken with Vinegar and Honey, helpeth the ſwelling and hardneſs of the Spleen. The Decoction of the Leaves and Branches is a good Fomentation for Women to ſit over that have not their Courſes. The Leaves and Roots beaten and applied to any part that is diſcoloured with Freckles, Morphew, the white Scurf, or any ſuch deformity of the Skin, cleanſeth them throughly, and taketh them away.

Yellow Jaund. Obſtructions of the Liver and Gall, Spleen, Melancholy, Palſie, Sciatica, bruiſes inward and outward, Terms provokes, freckles, Morphew, Scurf.

Maiden Hair.

Deſcription. *Our common Maiden-hair, doth from a number of hard black fibres, ſend forth a great many blackiſh ſhining brittle ſtalks hardly a ſpan long; in many not half ſo long, on each ſide ſet very thick with ſmall round dark green Leaves, and ſpotted on the back of them like other Fern.*

Place.

Place. It groweth much upon old ſtone Walls in the Weſt parts, and Walls in *Kent*, and divers other places of this Land; it joyeth likewiſe to grow by Springs, Wells, and Rocky, moiſt and ſhadowy places; and is alwaies green. To cure all Diſeaſes, read my *Riverius*, *Riolanus*, *Johnſton*, *&c.*

VVall-Rue, *or ordinary* VVhite Maiden-hair.

Deſcription. *THis hath very fine pale green ſtalks almoſt as fine as hairs, ſet confuſedly with divers pale green Leaves on very ſhort Foot-ſtalks ſom what neer unto the color of Garden Rue, and not much differing in form, but more diverſly cut in on the edges, and thicker, ſmooth on the upper part, and ſpotted finely underneath.*

Place. It groweth in many places of this Land, at *Dartford*, and the Bridge at *Aſhford* in *Kent*, at *Beconfield* in *Buckinghamſhire*, at *Wolley* in *Huntingtonſhire*, on *Framingham* Caſtle in *Suffolk*, on the Church walls at *Mayfield* in *Suſſex*, in *Somerſetſhire*, and divers other places of this Land, and is green in Winter as well as in Summer.

Government and Vertues. Both this and the former are under the Dominion of *Mercury*, and ſo is that alſo which follows after: and the Vertues of both theſe are ſo neer alike, that though I have deſcribed them and their places of growing ſeverally, yet I ſhall in writing the Vertues of them, joyn them both together as followeth.

The Decoction of the Herb Maiden-hair being drunk, helpeth thoſe that are troubled with the cough, ſhortneſs of breath, the yellow Jaundies, Diſeaſes of the Spleen, ſtopping of Urine, and helpeth exceedingly to break the ſtone in the Kidneys (in all which Diſeaſes the Wall-Rue is alſo very effectual) It provoketh Womens Courſes, & ſtayeth both Bleedings and Fluxes of the ſtomach and Belly, eſpecially when the Herb is dry, for being green it looſneth the Belly, and avoideth Choler and Flegm from the Stomach & Liver, it cleanſeth the Lungs, and by rectifying the Blood cauſeth a good color to the whole Body. The Herb boiled in Oil of Chammomel, diſſolveth Knots, allayeth Swellings, and drieth up moiſt Ulcers. The Lye made thereof is ſingular good to cleanſe the Head from Scurf, & from dry and running Sores: ſtayeth the falling or ſhedding of the Hair, and cauſeth it to grow thick, fair, and well colored; for which purpoſe ſome boil it in Wine, putting ſome Smallage ſeed thereto, and afterwards ſome Oil. The Wall-Rue is as effectual as Maiden-Hair in all Diſeaſes of the Head, and falling or recovering of the Hair again, and generally for all the aforementioned Diſeaſes: And beſides, The powder of it taken in drink for forty daies together, helpeth the burſtings in Children.

Cough,
ſhortneſſe of breath,
the yellow Jaundies,
Spleen,
Diſeaſe,
Stone,
Terms provokes,
Bleeding,
Fluxes,
Lungs,
Swellings,
ulcers,
Scurf,
Sores,
Baldneſs.

Golden Maiden Hair.

TO the two former give me leave to add this, and I ſhall do no more but only deſcribe it unto you; and for the Vertues refer you to the for-

mer, ſith whatſoever is ſaid of them, may be alſo ſaid of this.

Deſcription. *It hath many ſmall browniſh red Hairs to make up the form of Leaves growing about the ground from the Root, and in the midale of them in Summer, riſe ſmall ſtalks of the ſame color, ſet with very fine yellowiſh green hairs on them, and bearing a ſmall gold yellow head, leſſer than a Wheat Corn, ſtanding in a great Husk. The Root is very ſmall and threddy.*

Place. It groweth on Bogs and Mooriſh places, and alſo on dry ſhadowy places, at *Hampſted* Heath, and elſewhere.

Mallows, *and* Marſh-Mallows.

COmmon Mallows are generally ſo well known that they need no Deſcription.

Our common Marſh-Mallows have divers ſoft hoary white ſtalks riſing to be three or four foot high, ſpreading forth many Branches, the Leaves whereof are ſoft and hairy, ſomewhat leſſer than the other Mallow Leaves, but longer pointed, cut (for the moſt part) into ſome few diviſions, but deep: The Flowers are many, but ſmaller alſo than the other Mallows, and white or tending to a bluſh color. After which come ſuch like round caſes and ſeed as in the other Mallows. The Roots are many and long, ſhooting from one Head, of the bigneſs of a Thumb or Finger, very pliant, tough and bending like Liquoris, of a whitiſh yellow color on the outſide, and more white within, full of a ſlimy juyce, which being laid in water, will thicken it, as if it were gelly.

Place. The common Mallow grow in every Country of this Land.

Tht common Marſh Mallows in moſt of the Salt Marſhes from *Woolwich* down to the Sea, both on the *Kentiſh* and *Eſſex* Shores, and in divers other places of this Land.

Time. They flower all the Summer Months, even untill the Winter do pull them down.

Government and Vertues. Venus owns them both. The Leaves of either of the ſorts before ſpecified, and the Roots alſo boiled in Wine or Water, or in Broth with Parſly or Fennel Roots doth help to open the Body, and is very convenient in hot Agues, or other diſtempers of the Body; To apply the Leaves ſo boiled, warm to the Belly, It not only voideth hot, cholerick, and other offenſive Humors, but eaſeth the pains and torments of the Belly coming thereby; and are therefore uſed in all Cliſters conducing to thoſe purpoſes: The ſame uſed by Nurſes, procureth them ſtore of Milk. The Decoction of the ſeed of any of the common Mallows, made in Milk or Wine, doth marvelouſly help excoriations, the Phtiſick, Pleuriſie, and other Diſeaſes of the Cheſt, and Lungs that proceed of hot cauſes, if it be continued taking for ſome time together: The Leaves and Root work the ſame effects: They help much alſo in the excoriations of the Guts and Bowels, and hardneſs of the Mother, and in all hot and ſharp

Agues, Choler, Griping in the Belly, Milk, Excoriation, Phtiſick, Pleuriſie, Travel in Women, Falling-ſickneſs.

ſharp Diſeaſes thereof. The Juyce drunk in Wine, or the Decoction of them therein, doth help Women to a ſpeedy and eaſie Delivery. *Pliny* ſaith, That whoſoever ſhall take a ſpoonful of any of the Mallows, ſhall that day be free from all Diſeaſes that may come unto him; and that it is ſpecial good for the Falling-ſickneſs. The Syrup alſo, and Conſerve made of the Flowers, are very effectual for the ſame Diſeaſes, and to open the Body being Coſtive. The Leaves bruiſed and laid to the Eyes with a little Honey, taketh away the Impoſtumations of them. The Leaves bruiſed or rubbed upon any place ſtung with Bees, Waſps, or the like, preſently taketh away the pains, redneſs, and ſwellings that riſe thereupon: And *Dioſcorides* ſaith, the Decoction of the Leaves and Roots help th all ſorts of poyſon, ſo as the poyſon be preſently voided by Vomit. A Pultiſs made of the Leaves boiled and bruiſed, whereunto add ſome Bean or Barley-flour, and Oyl of Roſes, is an eſpecial Remedy againſt all hard Tumors and Inflamations or Impoſthumes, and Swellings of the Cods and other parts, and eaſeth the pains of them; as alſo againſt the hardneſs of the Liver or Spleen, being applied to the places. The juyce of Mallows boiled in old Oyl, and applied, taketh away all roughneſs of the skin, as alſo the Scurf, Dandrif, or dry ſcabs in the Head, or other parts, if they be anointed therewith, or waſhed with the Decoction, and preſerveth the Hair from falling off. It is alſo effectual againſt Scaldings and Burnings, St. *Anthonies* fire, and all other hot, red, and painful Swellings in any part of the Body. The Flowers boiled in Oyl or Water (as every one is diſpoſed) whereunto a little Honey and Allum is put, is an excellent Gargle to waſh, cleanſe, and heal any ſore Mouth or Throat, in a ſhort ſpace. If the Feet be bathed or waſhed with the Decoction of the Leaves, Roots, & Flowers, it helpeth much the defluxions of rheum from the Head. If the Head be waſhed therewith it ſtayeth the falling and ſhedding of the Hair. The green Leaves (ſaith *Pliny*) beaten with Nitre and applied, drawe out Thorns or Pricks in the fleſh.

Eyes, Bees, Waſps, &c. Poyſon, Hard Swelling, Inflamation, Cods, Liver, Spleen, Roughneſs of the Skin, Scurf, Dandrif, Scabby Heads, Scalding, Burning, St. Anthonies fire, Sore mouth and Throat, Baldneſs, Thorns.

The Marſh Mallows are more effectual in all the Diſeaſes before mentioned, The Leaves are likewiſe uſed to looſen the Belly gently, and in Decoctions for Gliſters to eaſe all pains of the body, opening the ſtrait paſſages, and making them ſlippery, whereby the ſtone may deſcend the more eaſily, and without pain out of the Reins, Kidneys, and Bladder, and to eaſe the torturing pains thereof: But the Roots are of more ſpecial uſe for thoſe purpoſes, as well for Coughs, Hoarſneſs, Shortneſs of Breath, and Wheezings, being boiled in Wine or Honeyed Water, and drunk. The Roots and Seeds hereof boiled in Wine or Water, is with good ſucceſs uſed by them that have Excorations in the Guts, or the Bloody flux, by qualifying the violence of ſharp fretting Humors, eaſing the pains, and healing the ſoreneſs: It is

Belly, Stone, Reins, Kidneys, Bladder, Coughs, Shortneſs of Breath, Wheezing, Excortation of the

Guts, Ruptures, Cramp, Convulſi ns, The Kings E vil, Kernels, Chincough, Wounds, Bruiſes, Falls, Blows, Muſcles, Morphew, Sur-burning.

profitably taken of them that are troubled with Ruptures, Cramps, or Convulſions of the Sinews; and boiled in white Wine for the Impoſthumes of the Throat, commonly called the Kings-Evil, and of thoſe Kernels that riſe behind the Ears, and Inflamations or Swellings in Womens Breaſts. The dried Roots boiled in Milk and drunk, is ſpecial good for the Chincough. *Hippocrates* uſed to give the Decoction of the Roots, or the Juyce thereof to drink to thoſe that were wounded, and ready to faint through loſs of Blood, and applied the ſame mixed with Honey and Rozin to the Wounds: As alſo the Roots boiled in Wine to thoſe that had received any hurt by bruiſes, Falls, or Blows, or had any Bone or Member out of joynt, or any ſwelling pain or ach in the Muſcles, Sinews, or Arteries. The Muſcilage of the Roots, and of Linſeed, and of Fenugreek put together, is much uſed in Pultiſſes, Oyntments, and Plaiſters, to mollifie and digeſt all hard Swellings, and the Inflamation of them, and to eaſe pains in any part of the Body. The ſeed either green or dry, mixed with Vinegar, cleanſeth the skin of the Morphew, and all other diſcolourings, being bathed therewith in the Sun.

You may remember that not long ſince, there was a raging Diſeaſe called the Bloody flux; the Colledge of Phyſitians not knowing what to make of it, called it, The Plague in the Guts, for their wits were at *ne plus ultra* about it, My Son was taken with the ſame Diſeaſe, and the Excoriation of his Bowels was exceeding great; my ſelf being in the Country, was ſent for up; the only thing I gave him, was Mallows bruiſed and boiled both in his Milk and Drink, in two dayes (the bleſſing of God being upon it) it cured him, and I here to ſhew my thankfulneſs to God in communicating it to his Creatures, leave it to poſterity.

Maple-Tree.

Government and Vertues.

Liver ſtrengthens, open obſtructions of the Liver and ſpleer, pains in the ſides.

IT is under the Dominion of *Jupiter*. The Decoction either of the Leaves or Bark, muſt needs ſtrengthen the Liver much, and ſo you ſhall find it do, if you uſe it: it is excellent good to open Obſtructions both of the Liver and Spleen, and eaſeth pains of the ſides thence proceeding.

Wild-Marjoram.

CAlled alſo Organe, Origanum, Baſtard Marjoram, Wild Marjoram, and Grove Marjoram.

Deſcript.] Wild *or* Field Marjoram *hath a Root which creepeth much under ground, which continueth a long time, ſending up ſundry browniſh hard ſquare ſtalks, with ſmall dark green Leaves, very like thoſe of* Sweet Marjoram, *but harder, and ſomewhat broader; at the tops of the ſtalks, ſtand tufts of Flowers, of a deep purpliſh red colour: the ſeed is ſmall, and ſomething blacker than that of* Sweet Marjoram.

Place.

Place.] It groweth plentifully in the Borders of Corn Fields, and in ſome Copſes.

Time. It flowreth toward the later end of Summer.

Government and Vertues.] This alſo is under the Dominion of *Mercury*. It ſtrengthens the Stomach and Head much, there being ſcarce a better Remedy growing for ſuch as are troubled with a ſowr Humor in their ſtomach; it reſtores Appetite being loſt, helps the Cough, and Conſumption of the Lungs, it cleanſeth the Body of Choler, expelleth Poyſon, and remedieth the infirmities of the Spleen, helps the bitings of venemous Beaſts, and helps ſuch as have poyſoned themſelves by eating Hemlock, Henbane, or Opium; it provoketh Urin and the Terms in Women, helps the Dropſie, and the Scurvy, Scabs, Itch, and the yellow Jaundice: the Juyce being dropped into the Ears, helps Deafneſs, Pain, and noiſe in the Ears. And thus much for this Herb, between which and Adders there is a deadly Antipathy.

Stomach, Head, Humors, Appetite, Cough, Conſumption of the Lungs, Poyſon, Choler, Spleen, Venemous Beaſts, Poyſon, Urin provoketh, Terms provokes, Dropſie, Scurvy, Scabs, Itch, Leproſie, Yellow Jaundice, Deafneſs, Noiſe and pains in the Ears.

Sweet Marjoram.

SWeet Marjoram is ſo well known, being an Inhabitant in every Garden, that it is needleſs to write any Deſcription thereof, neither of the Winter ſweet Marjoram, nor Pot Marjoram.

Place.] They grow commonly in Gardens; ſome ſorts there are that grow wild in the Borders of Corn Fields, and Paſtures, in ſundry places of this Land, but it is not my purpoſe to inſiſt upon them: The Garden kinds being moſt uſed and uſeful.

Time.] They flower in the end of Summer.

Government and Vertues.] It is an Herb of *Mercury*, and under *Aries*, and is therefore an excellent Remedy for the Brain, and other parts of the Body and Mind, under the Dominion of the ſame Planet. Our common Sweet Marjoram, is warming and comfortable in cold Diſeaſes of the Head, Stomach, Sinews, and other parts, taken inwardly, or outwardly applied: The Decoction thereof being drunk helpeth all Diſeaſes of the Cheſt, which hinder the freeneſs of breathing, and is alſo profitable for the Obſtructions of the Liver and Spleen: It helpeth the cold griefs of the Womb, and the Windineſs thereof, and the loſs of Speech, by reſolution of the Tongue. The Decoction thereof made with ſome Pellitory of *Spain*, and long Pepper, or with a little *Acorus* or *Origanum*, being drunk, is good for thoſe that are beginning to fall into a Dropſie, for thoſe that cannot make Water, and againſt pains and torments in the Belly; it provoketh Womens Courſes, if it be put up as a Peſſary. Being made into Powder and mixed with Honey, it taketh away the black marks of blows and bruiſes being

Head, Stomach, Breaſt, Obſtructions, Liver, Spleen, Womb, Wind, Dropſie, Bllyach, Terms provokes,

Marks of Blows, Noiſe in the Ears, Joynts, Sinews, Swellings, Sneezing, Flegm.

being thereto applied. It is good for the Inflamations and watering of the Eyes, being mixed with fine flour, and layed unto them. The Juyce dropped into the Ears, eaſeth the pains and ſinging noiſe in them. It is profitably put into thoſe Oyntments and Salves that are made to warm and comfort the outward parts, as the Joynts and Sinews, for Swellings alſo, and places out of joynt. The Powder thereof ſnuffed up into the Noſe, provoketh ſneezing, and thereby purgeth the Brain; and chewed in the Mouth, draweth forth much flegm. The Oyl made thereof is very warming and comfortable to the joynts that are ſtiff, and the Sinews that are hard, to mollifie and ſupple them. Marjoram is much uſed in all odoriferous Waters, Powders, *&c.* that are for ornament or delight.

Marigolds.

THeſe being ſo plentiful in every Garden, are ſo well known, that they need no Deſcription.

Time.] They flower all the Summer long, and ſometimes in Winter, if it be mild.

Government and Vertues.] It is an Herb of the Sun, and under *Leo*: They ſtrengthen the Heart exceedingly, and are very expulſive,

Heart, Vital ſpirits, Peſtilence, Small Pox, Meazles, Hot ſwellings, Feavers, Peſtilence.

and little leſs effectual in the Small Pox and Meazles than Saffron. The Juyce of *Marigold* Leaves mixed with Vinegar, and any hot ſwelling bathed with it, inſtantly giveth eaſe, and aſſwageth it. The flowers either green or dried, are uſed much in Poſſets, broths, and drinks as a comforter of the Heart and Spirits, and to expel any malignant or peſtilential quality which might annoy them. A Plaiſter made with the dry Flowers in Powder, Hogs Greaſe, Turpentine and Rozin, applied to the Breaſt, ſtrengthens and ſuccours the Heart infinitely in Feavers, whether peſtilential, or not peſtilential.

Maſterwort.

Deſcript. COmmon Maſterwort *hath divers ſtalks of winged Leaves divided into ſundry parts, three for the moſt part ſtanding together at a ſmall foot-ſtalk on both ſides of the greater, and three likewiſe at the end of the ſtalk, ſomewhat broad and cut in on the edges, unto three or more diviſions, all of them dented about the brims, of a dark green colour, ſomewhat reſembling the Leaves of* Angelica, *but that theſe grow lower to the ground, and on leſſer ſtalks; among which riſe up two or three ſhort ſtalks, about two foot high, and ſlender, with ſuch like Leaves at the joynts as grow below, but with leſſer and fewer diviſions, bearing tumbels of white Flowers, and after them ſmall, thin, flat, blackiſh ſeed, bigger than* Dill *ſeeds: The Root is ſomewhat greater, and groweth rather ſideways than down deep into the ground, ſhooting forth ſundry heads, which taſt ſharp, biting of the tongue, and is the hotteſt and ſharpeſt part of the Plant, and the ſeed next unto it,*

being

being ſomewhat blackiſh on the outſide, and ſmelling well.

Place. It is uſually kept in Gardens with us in *England.*

Time.] It flowreth and ſeedeth about the end of *Auguſt.*

Government and Vertues. It is an Herb of *Mars.* The Root of *Maſterwort* is hotter than Pepper, and very available in all cold griefs and Diſeaſes both of the ſtomach and body, diſſolving very powerfully upward and downward: It is alſo uſed in a Decoction with Wine againſt all cold Rheums, or Diſtillations upon the Lungs, Shortneſs of Breath, to be taken morning and evening; it alſo provoketh Urin, and helpeth to break the Stone, and expel the Gravel from the Kidneys, procureth Womens Courſes, and expelleth the dead birth: is ſingular good for ſtrangling of the Mother, and other ſuch like Feminine Diſeaſes. It is effectual alſo againſt the Dropſie, Cramps, and the Falling-ſickneſs, for the Decoction in Wine being gargled in the Mouth, draweth down much Water and Flegm from the Brain, purging and eaſing it of what oppreſſeth it. It is of a rare quality againſt all ſorts of cold poyſon, to be taken as there is cauſe; it provoketh ſweat: but leſt the taſt hereof, or of the ſeed (which worketh to the like effect, though not ſo powerfully) ſhould be too offenſive, the beſt way is to take the Water diſtilled both from the Herb and Root, The Juyce hereof dropped, or Tents dipped therein, and applied either to green Weunds, or filthy rotten Ulcers, and thoſe that come by invenomed Weapons, doth ſoon cleanſe and heal them. The ſame is alſo very good to help the Gout coming of a cold cauſe.

Cold griefs, Stomach, Cold Rheums, Urin, Stone, Gravel, Womens Courſes, Dead-child, Mother, Dropſie, Cramps, & Falling-ſickneſs, Cold poyſons, Sweat, Green Wounds, Rotten Ulcers, Gout.

Sweet Maudlin.

Deſcript.] *Common* Maudlin *hath ſomewhat long, and narrow Leaves, ſnip'd about the edges: the ſtalks are two foot high, bearing at the tops many yellow Flowers ſet round together, and all of an equal height in umbel, or tufts like unto Tanſie; after which followeth ſmall whitiſh ſeed, almoſt as big as wormſeed. The whole Herb is ſweet and bitter.*

Place and Time. It groweth in Gardens, and flowreth in *June* and *July.*

Government and Vertues.] The Vertues hereof being the ſame with Coſtmary, or Alecoſt, I ſhall not trouble you to make any repetition thereof, leſt my Book grow too big: but rather refer you unto Coſtmary for ſatisfaction.

The Medlar.

Deſcript. *The Tree groweth neer the bigneſs of the* Quince *Tree, ſpreading Branches reaſonable large, with longer and narrower Leaves than either the* Apple *or* Quince, *and not dented about the edges: At the end of the ſprigs ſtand the Flowers made of five white, great, broad pointed Leaves, nicked in the middle with ſome white threds alſo:*

after

after which cometh the fruit of a browniſh green colour being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off or fallen away, the Head of the Fruit is ſeen to be ſomewhat hollow. The fruit is very harſh before it be mellowed, and hath uſually five hard kernels with it.

There is another kind hereof differing nothing from the former, but that it hath ſome Thorns on it in ſeveral places, which the other hath not; and uſually the Fruit is ſmall, and not ſo pleaſant.

Time. They grow in this Land, and flower in *May* for the moſt part, and bear fruit in *September* and *October*.

Government and Vertues. The Fruit is old *Saturns*, and ſure a better Medicine he hardly hath to ſtrengthen the retentive Faculty, therefore it ſtaies Womens longings; the good old man cannot endure Womens minds ſhould run a gadding. Alſo a Plaiſter made of the Fruit dried before they be rotten, and other convenient things, and applied to the Reins of the Back, ſtops Miſcarriage in Women with Child. They are very powerful to ſtay any Fluxes of Blood or humors in Man or Woman: the Leaves have alſo the like quality. The Fruit eaten by Women with Child, ſtayeth their Longings after unuſual meats, and is very effectual for them that are apt to miſcarry, and be delivered before their time, to help that Malady, and make them joyful Mothers. The Decoction of them is good to gargle and waſh the Mouth, Throat and Teeth when there is any defluxion of blood to ſtay it, or of humors, which cauſeth pains and ſwellings. It is a good Bath for Women to ſit over that have their Courſes flow too abundantly; or for the Piles when they bleed too much. If a Pultis or Plaiſter be made with dried Medlars, beaten and mixed with the Juyce of red Roſes, whereunto a few Cloves and Nutmeg may be added, and a little red Coral alſo, and applied to the Stomach that is given to caſting or loathing of meat, it effectually helpeth. The dried Leaves in Powder ſtrewed on freſh bleeding wounds, reſtraineth the blood, and healeth up the wound quickly. The Medlar ſtones made into Powder and drunk in Wine wherein ſome Parſley Roots have lien infuſed all night, or a little boyled, do break the ſtone in the Kidnies, helping to expel it.

Miſcarriage, Fluxes, ſtayeth Womens Longings, Hinders Miſcarriage, Gargle, Womens Courſes, Piles, Loathing of Meat, or Caſting, Bleeding, Freſh Wounds, Stone in the Kidnies.

Melilot, *or* Kings Claver.

Deſcript.] *This hath many green ſtalks two or three foot high, riſing from a tough long white Root which dieth not every year, ſet round about at the joynts with ſmall, and ſomewhat long, well ſmelling Leaves ſet three together, unevenly dented about the edges. The flowers are yellow, and well ſmelling alſo, made like other Trefoyls, but ſmall, ſtanding in long ſpikes, one above another, for an hand breadth long, or better, which afterwards turn into long crooked Cods, wherein is contained flat ſeed, ſomewhat brown.*

Place.

Place. It groweth plentifully in many places of this Land, as in the edg of *Suffolk*, and in *Eſſex*, as alſo in *Huntington-ſhire*, and in other places, but moſt uſually in Corn-fields, in Corners of Meadows.

Time. It flowereth in *June* and *July*, and is ripe quickly after.

Government and Vertues. *Melilot* boyled in Wine, and applied, mollifieth all hard tumors and Inflamations that happen in the Eyes or other parts of the body, as the Fundament, or privy parts of men or Women; and ſometimes the yolk of a roaſted Egg, or fine Flowers, or Poppy ſeed, or Endive is added unto it. It helpeth the ſpreading Ulcers in the Head, it being waſhed with a Lye made thereof. It helpeth the pains of the ſtomach being applied freſh, or boyled with any of the aforenamed things. It helpeth alſo the pains of the Ears, being dropped into them: and ſteeped in Vinegar Roſe-water, it mitigateth the Headach. The flowers of Melilot and Chamomel are much uſed to be put together in Clyſters to expel wind, and to eaſe pains; alſo into Pultiſſes for the ſame purpoſe, and to aſſwage ſwellings or tumors in the Spleen or other parts; and helpeth Inflamations in any part of the body. The Juyce dropped into the Eyes, is a ſingular good Medicine to take away any Film or skin that cloudeth or dimeth the Eye-ſight. The head often waſhed with the diſtilled Water of the Herb and Flowers, or a Lye made therewith, is effectual for thoſe that have ſuddenly loſt their Senſes; as alſo to ſtrengthen the Memory, to comfort the Head and Brains, and to preſerve them from pains and the Apoplexy.

Hard Tumors & Inflamations in the Eyes or elſwhere, Ulcers in the Head, Stomach pained, Headach, Wind, Spleen, Dimneſs of Sight, Stupidity of Senſes, ſtrengthen Memory, Apoplexy.

French, *and* Dogs Mercury.

Deſcript.] *THis riſeth up with a ſquare green ſtalk full of joynts, two foot high or thereabouts, with two Leaves at every joynt, and branches likewiſe from both ſides of the ſtalk, ſet with freſh green Leaves ſomewhat broad and long, about the bigneſs of the Leaves of Baſſel finely dented about the edges: towards the tops of the ſtalks and branches come forth at every joynt in the Male Mercury two ſmall round green Heads ſtanding together upon a ſhort footſtalk, which growing ripe, are Seeds, not having any Flowers. In the Female the ſtalk is longer, ſpike-faſhion, ſet round about with ſmall green Husks, which are the flowers made like ſmall branches of Grapes which give no ſeed, but abide long upon the ſtalks without ſhedding. The Root is compoſed of many ſmall fibres, which periſheth every year at the firſt approach of winter, and riſeth again of its own ſowing, and if once it is ſuffered to ſow it ſelf, the ground will never want afterwards, even both ſorts of it.*

Dogs-Mercury.

HAving deſcribed unto you that which is called *French Mercury*, I come now to ſhew you in a Deſcription this kind alſo.

Deſcription. *This is likewiſe of two kinds, Male and Female, having many ſtalks,*

ſtalks, ſlenderer and lower than Mercury, and without any branches at all upon them. The Root is ſet with two Leaves at every joynt, ſomewhat greater than the Female, but more pointed and full of Veins, and ſomewhat harder in handling, of a darker green colour, and leſs dented, or ſnip'd about the edges. At the joynts with the Leaves come forth longer ſtalks than the former, with two hairy round Seeds upon them, twice as big as thoſe of the former Mercury. The taſt hereof is herby, and the ſmell ſomewhat ſtrong and virulent. The Female hath much harder Leaves ſtanding upon longer footſtalks, and the ſtalks are alſo longer: from the joynts come forth ſpikes of Flowers, like the French Female Mercury. The Roots of them both are many, and full of ſmall fibres, which run under ground, and mat themſelves very much, not periſhing as the former Mercuries do; but abiding the Winter, and ſhoot forth new branches every year for the old die down to the ground.

Place.] The Male and Female French Mercury are found wild in divers places of this Land; as by a Village called *Brookland* in *Rumny* Marſh in *Kent*.

The Dogs-Mercury in ſundry places of *Kent* alſo, and elſwhere: but the Female more ſeldom than the Male.

Time.] Tney flouriſh in the Summer Months, and therein give their Seed.

Government and Vertues.] *Mercury* they ſay owns this Herb, but I rather think 'tis *Venus*, and am partly confident of it too: for I never read that *Mercury* ever minded Womens buſineſs ſo much. I believe he minds his Study more. The Decoction of the Leaves of Mercury, or the Juyce thereof in Broth, or drunk with a little Sugar put to it, purgeth Cholerick and wateriſh humors, *Hippocrates* commended it wonderfully for Womens Diſeaſes; and applied to the ſecret parts to eaſe the pains of the Mother; and uſed the Decoction of it, both to procure Womens Courſes, and to expel the Afterbirth: And gave the Decoction thereof with Mirrh or Pepper, or uſed to apply the Leaves outwardly againſt the Strangury, & diſeaſes of the Reins and Bladder. He uſed it alſo for ſore and watering Eyes, and for the Deafneſs and pain in the Ears, by dropping the Juyce thereof into them, and bathing them afterwards in white Wine. The Decoction thereof made with water, and a Cock Chicken, is a moſt ſafe Medicine againſt the hot fits of Agues. It alſo cleanſeth the Breaſt and Lungs of Flegm, but a little offendeth the ſtomach. The Juyce or diſtilled water ſnuffed up into the Noſtrils, purgeth the Head and Eyes of Catarrhs and Rhewms. Some uſe to drink two or three ounces of the diſtilled Water, with a little Sugar put to it, in the morning faſting, to open and purge the Body of groſs, viſcous and melancholy humors. It is wonderful (if it be not fabulous) that *Dioſcorides* and *Theophraſtus* do relate of it, viz. That if Women uſe theſe Herbs either inwardly or outwardly for three daies together after Conception, and their Courſes be paſt, they ſhall bring

Purgeth Cholerick Humors, Womens ſickneſs, Mother, Womens Courſes, Strangury, ſore Eyes, Agues, Flegm, Rhewms and Catarrhs, Melancholy Humors, Yellow Jaundice, Warts,

bring forth Male or Female Children, according to that kind of Herb they use. *Mathiolus* saith, that the seed both of the Male and Female Mercury boyled with Wormwood and drunk, cureth the yellow Jaundice in a speedy manner. The Leaves or the Juyce rubbed upon Warts, taketh them away. The Juyce mingled with some Vinegar, helpeth all running Scabs, Tetters, Ringworms, and the Itch. *Galen* saith, that being applied in manner of a Pultis to any Swelling or Inflamation, it digesteth the swelling, and allayeth the Inflamation, and is therfore given in Clysters to evacuate from the Belly offensive humors. The Dogs Mercury, although it be less used, yet may serve in the same manner to the same purpose to purge wateriſh and melancholy humors.

Scabs, Tetters & Ring-worms, Swellings, Inflamations, wateriſh and Melancholy, Humors.

Mint.

Descript. *OF all the kinds of* Mints, *the* Spear-Mint, *or* Hart-Mint *being most useful, I shall only describe it as followeth.* Spear-Mint *hath divers round stalks and long, but narrowish Leaves set thereon, of a dark green colour. The flowers stand in spiked heads at the tops of the branches, being of a pale blew colour. The smell or scent hereof is somewhat near unto Basil, it increaseth by the Root under ground, as all the others do.*

Place.] It is an usual Inhabitant in Gardens, and because it seldom giveth any good seed, the effect is recompensed by the plentiful increase of the Root, which being once planted in a Garden, will hardly be rid out again.

Time.] It flowereth not until the beginning of *August*, for the most part.

Government and Vertues.] It is an Herb of *Venus*. *Dioscorides* saith, It hath a heating, binding and drying quality, and therfore the Juyce taken with Vinegar, stayeth bleeding: it stirreth up Venery, or bodily Lust. Two or three branches thereof taken with the Juyce of four Pomegranates, stayeth the Hiccough, Vomiting, and allayeth the Choler. It dissolveth Imposthumes being laid to with Barley meal. It is good to repress the milk in womens breasts, and for such as have swoln, flagging or great brests. Applied with salt, it helpeth the biting of a mad Dog; with Mead or honyed water, it easeth the pains of the Ears, & taketh away the roughness of the tongue, being rubbed thereupon. It suffereth not milk to curdle in the stomach if the leaves hereof be steeped or boyled in it before you drink it. Briefly, it is very profitable to the stomach. The often use hereof is a very powerful Medicine to stay womens courses, & the Whites. Applied to the Forehead and Temples, it easeth pains of the Head; and is good to wash the heads of young Children therewith, against all manner of breakings out, sores or scabs therein, and healeth the chops of the Fundament. It is also profitable against the poyson of venemous creatures. The distil-

Provokes Venery, staies Vomiting, allayeth Choler, Impostbumes, great Breasts, mad Dogs biting, pains of the Ears, good for the Stomach, pains of the Head, Sores and Scabs, Chops of the Fundament, Poyson, helpeth Liver and Stomach, stayeth Vomiting, and Hiccough, provoketh Lust.

Spleen, Gravel, Stone and Strangury, comforts the Head, ſore Mouth, ill Breath, Palate down.

diſtilled Water of Mints is available to all the purpoſes aforeſaid, yet more weakly. But if a Spirit thereof be rightly and Chymically drawn, it is much more powerful than the Herb it ſelf. *Simeon Sethi* ſaith it helpeth a cold Liver, ſtrengtheneth the Belly and Stomach, cauſeth digeſtion, ſtayeth Vomits and the Hiccough, is good againſt the gnawings of the Heart, provoketh Appetite, taketh away Obſtructions of the Liver, and ſtirreth up bodily Luſt: but therefore too much muſt not be taken, becauſe it maketh the blood thin and wheyiſh, and turneth it into Choler, and therefore Cholerick perſons muſt abſtain from it. It is a ſafe Medicine for the biting of a mad Dog, being bruiſed with Salt, and laid thereon. The Powder of it being dried, and taken after Meat, helpeth digeſtion, and thoſe that are Splenetick: taken with Wine, it helpeth Women in their ſore Travel in Child-bearing. It is good againſt the Gravel and Stone in the Kidnies, and the Strangury. Being ſmelled unto, it is comfortable for the Head and Memory. The Decoction thereof gargled in the Mouth, cureth the Gums and Mouth that is ſore, and mendeth an ill favored Breath: as alſo with Rue and Coriander, cauſeth the Palate of the Mouth that is down to return to his place, the Decoction being gargled and held in the Mouth.

The Vertues of the wild or Horſ-Mint, ſuch as grow in Ditches (whoſe Deſcription I purpoſely omitted, in regard they are well enough known) are eſpecially to diſſolve wind in the Stomach, to help the Colick, and thoſe that are ſhort-winded, and are an eſpecial Remedy for thoſe that have Venerial Dreams and Pollutions in the night, being outwardly applied to the Teſticles or Cods. The Juyce dropped into the Ears, eaſeth the pains of them, and deſtroyeth the Worms that breed therein. They are good againſt the venemous biting of Serpents. The Juyce laid on warm, helpeth the Kings-Evil, or Kernels in the Throat. The Decoction or diſtilled Water helpeth a ſtinking Breath proceeding from the corruption of the Teeth; and ſnuffed up into the Noſe, purgeth the Head. *Pliny* ſaith, that eating of the Leaves hath been found by Experience to cure the Leproſie, and applying ſome of them to the Face, and to help the Scurf or Dandriff of the Head, uſed with Vinegar.

Wind, Venerial Dreams, and nightly Pollutions, Ears pained, biting of Serpents, Kings-Evil, a ſtinking Breath, Leproſie, Dandriff.

They are extream bad for wounded people, and they ſay a wounded man that eats Mints, his wound will never be cured; and that's a long day.

Miſſelto.

Deſcript. *THis riſeth up from the Branch or Arm of the Tree whereon it groweth, with a woody ſtem, parting it ſelf into ſundry Branches, and they again divided into many other ſmaller twigs, interlacing themſelves one within another, very much covered with a grayiſh green bark, having two Leaves ſet at every joynt, and at the end likewiſe, which are ſome-*

ſomewhat long and narrow, ſmall at the bottom, but broader towards the end At the knots or joynts of the boughs and branches grow ſmall yellowiſh Flowers, which turn into ſmall, round, white, tranſparent Berries, three or four together, full of glutinous moiſture, with a blackiſh ſeed in every of them, which was never yet known to ſpring, being put into the ground or any where elſe to grow.

Place.] It groweth very rarely on Oaks with us, but upon ſundry other, as well Timber as Fruit-trees, plentifully in Woods, Groves, and the like, through all this Land.

Time.] It flowreth in the Spring time, but the Berries be not ripe until *October*, and abide on the branches all the Winter, unleſs the Black-birds and other Birds do devour them.

Government and Vertues.] That it is under the Dominion of the *Sun*, I do not queſtion; and can alſo take for granted, That that which grows upon Oaks participates ſomething of the Nature of *Jupiter*, becauſe an Oak is one of his Trees; as alſo that which grows upon Pear-trees & pple-trees participates ſomething of his Nature, becauſe he rules the Trees it grows upon, having no Root of its own. But why that ſhould have moſt Vertues that grows upon Oaks, I know not, unleſs becauſe 'tis rareſt, and hardeſt to come by; and our Colledges Opinion is in this contrary to Scripture, which ſaith, *Gods tender mercies are over all his works*, and ſo 'tis, let the Colledg of Phyſitians walk as contrary to him as they pleaſe, and that's as contrary as the Eaſt is to the Weſt. *Cluſius* affirms that which grows upon Pear-trees to be as prevalent, and gives order that it ſhould not touch the ground after it is gathered, and alſo ſaith, That being hung about the Neck, it remedies Witchcraft. Both the Leaves and Berries of Miſſelto do heat and dry, and are of ſubtil parts, the Birdlime doth mollifie hard Knots, Tumors, and Impoſthumes, ripeneth and diſcuſſeth them; and draweth forth thick as well as thin humors from the remote parts of the body, digeſting and ſeparating them. And being mixed with equal parts of Rozin and Wax, doth mollifie the hardneſs of the Spleen, and healeth old Ulcers and Sores. Being mixed with Sandarack and Ortment, it helpeth to draw off foul Nails; and if Quicklime and Wine Lees be added thereunto, it worketh the ſtronger. The Miſſelto it ſelf of the Oak (as the beſt) made into Powder, and given in drink to thoſe that have the Falling-ſickneſs, doth aſſuredly heal them, as *Mathiolus* ſaith, but it is fit to uſe it forty daies together. Some have ſo highly eſteemed of the Vertues hereof, that they have called it *Lignum Sanctæ Crucis*, Wood of the Holy Croſs, believing it to help the Falling-ſickneſs, Apoplexy, and Palſie very ſpeedily, not only to be inwardly taken, but to be hung at their Necks. *Tragus* ſaith, that the freſh Wood of any Miſſelto bruiſed, and the Juyce drawn forth, and dropped into the Ears that have Impoſthumes in them, doth help and eaſe them within a few daies.

witchcraft.
Impoſthumes.
Spleen.
Ulcers.
Falling-ſickneſs.
Apoplexy.
Palſie.
Impoſthumes.

MONEY,

Money-wort, *or* Herb. Twopence.

Descript.] *The common Money-wort sendeth forth from a small thriddy Root, divers long, weak, and slender branches lying and running upon the ground, two or three foot long or more, set with Leaves two at a joynt one against another at equal distances, which are almost round, but pointed at the ends, smooth, and of a good green colour. At the joynts with the leaves from the middle forward come forth at every joynt sometimes one yellow Flower, and sometimes two, standing each on a small footstalk, and made of five Leaves, narrow and pointed at the end, with some yellow thrids in the middle: which being past, there stand in their places small round Heads of Seed.*

Place.] It groweth plentifully in almost all places of this Land, commonly in moist grounds by Hedg sides, and in the middle of grassie Fields.

Time.] They flower in *June* and *July*, and their Seed is ripe quickly after.

Government and Vertues.] *Venus* owns it. Money-wort is singular good to stay all Fluxes in man or woman, whether they be Lasks, Bloody-fluxes, the flowing of Womens Courses, Bleedings inwardly or outwardly, and the weakness of the Stomach that is given to casting. It is very good also for all Ulcers or Excoriations of the Lungs or other inward parts. It is exceeding good for all Wounds, either fresh or green, to heal them speedily, and for old Ulcers that are of spreading Natures. For all which purposes, the Juyce of the Herb, or the Powder drunk in Water wherein hot Steel hath been often quenched; or the Decoction of the green Herb in Wine or Water drunk; or the Seed, Juyce, or Decoction used to the outward places to wash or bathe them; or to have Tents dipped therein, and put into them, are effectual.

Fluxes, Ulcers, Green Wounds, old Ulcers.

Moon-wort

Descript. *It riseth up usually but with one dark green thick and flat Leaf standing upon a short footstalk, not above two fingers breadth; but when it will flower, it may be said to bear a small slender stalk, about four or five inches high, having but one Leaf set in the middle thereof, which is much divided on both sides into sometimes five or seven parts on a side, sometimes more, each of which parts is small next the middle Rib, but broad forwards, and round pointed, resembling therein a half Moon, from whence it took the name, the uppermost parts or divisions being less than the lowest. The stalk riseth above this Leaf two or three inches, bearing many branches of small long Tongues, every one like the spikie Head of Adders-tongue, of a brownish colour, which whether I shall call them Flowers or the Seed, I well know not: which after they have continued a while, resolve into a mealy dust. The Root is small and fibrous. This hath sometimes divers such like Leaves as are before described, with so many branches or tops rising from one stalk, each divided from the other.*

Place.

Place.] It groweth on Hills and Heaths, yet where there is much Grass, for therein it delighteth to grow.

Time.] It is to be found only in *April* and *May*, for in *June* when any hot weather cometh, for the most part it is withered and gone.

Government and Vertues.] The *Moon* owns the Herb. Moon-wort is cold and drying more than Adders-Tongue, and is therfore held to be more available for all wounds both inward and outward. The Leaves boyled in red Wine and drunk, stayeth the immoderate Flux of Womens Courses, and the Whites. It also stayeth Bleeding, Vomiting, and other Fluxes. It helpeth all blows and bruises, and to consolidate all Fractures and Dislocations. It is good for Ruptures: but it is chiefly used by most with other herbs to make Oyls or Balsoms to heal fresh or green Wounds as I said before) either inward or outward, for which it is excellent good.

Womens Courses, Bleedings, Vomiting, Fluxes, broken & disjoynted Bones, Green Wounds.

Moon-wort is an herb which they say will open Locks, and unshoo such Horses as tread upon it: this some laugh to scorn, and those no smal Fools neither, but Country people that I know call it [*unshoo the Horse*] Besides, I have heard Commanders say, that on White-Down in *Devonshire* near *Tiverton*, there was found thirty Horse-shoos pulled off from the Feet of the Earl of *Essex* his Horses, being there drawn up into a Body, many of them being but newly shod, and no reason known, which caused much admiration: and the herb described usually grows upon Heaths.

Mosses.

I Shal not trouble the Reader with any Description of these, sith my intent is to speak only of two kinds as the most principal, viz. *Ground moss*, and *Tree-Moss*, both which are very well known.

Place.] The Ground-Mos groweth in our moist Woods, and the bottoms of Hills, in boggy Grounds, and in shadowy Ditches, and many other such like places.

The Tree-Mos groweth only on Trees.

Government and Vertues.] All sorts of Mosses are under the Dominion of *Saturn*. The Ground-Mos is held to be singular good to break the Stone, and to expel and drive it forth by Urin, being boyled in Wine and drunk. The herb bruised and boyled in Water and applied, easeth all Inflamations and pains coming of an hot cause; and is therefore used to ease the pains of the hot Gout.

Stone, Inflamations.

The Tree-Mosses are cooling and binding, and partake of a digesting and mollifying quality withal, as *Gale* saith. But each Mos doth partake of the Nature of the Tree from whence it is taken: therefore that of the Oak is more binding, and is of good effect to stay Fluxes in man or Woman; as also Vomiting or Bleedings, the Powder thereof being taken in Wine. The Decoctions thereof in Wine are very good for Women to be bathed with, or to sit in

Fluxes, Vomiting, Bleeding, Womens

that are troubled with the overflowing of their Courſes. The ſame being drunk, ſtayeth the ſtomach that is troubled with caſting, or the Hiccough; and as *Avicenna* ſaith, it comforteth the Heart. The Powder thereof taken in drink for ſome time together, is thought available for the Dropſie. The Oyl of Roſes that have had freſh Moſs ſteeped therein for a time, and after boyled, and applied to the Temples and Forehead, doth merveloufly eaſe the Headach coming of a hot Cauſe; as alſo the Diſtillations of hot Rhewm or Humors to the Eyes or other parts. The Ancients much uſed it in their Oyntments and other Medicines againſt Laſſitude, and to ſtrengthen and comfort the ſinews. For which, if it was good then, I know no reaſon but it may be found ſo ſtill.

Dropſie, *Headach.* *Sinews.*

Mother-wort.

Deſcript.] *This hath a hard, ſquare, browniſh, rough, ſtrong ſtalk, riſing three or four foot high at leaſt, ſpreading into many branches, whereon grow Leaves on each ſide with long footſtalks, two at every joynt, which are ſomewhat broad & long, as it were rough or crumpled, with many great Veins therein, of a ſad green colour, and deeply dented about the edges, and almoſt divided. From the middle of the branches up to the tops of them (which are very long and ſmall) grow the flowers round about them at diſtances, in ſharp, pointed, rough, hard Husks, of a more red or purple colour than Balm or Horehound, but in the ſame manner or form as the Horehounds: after which come ſmall round blackiſh ſeeds in great plenty. The Root ſendeth forth a number of long ſtrings and ſmall fibres, taking ſtrong hold in the ground, of a dark yellowiſh or browniſh colour, and abideth as the Horehound doth, the ſmell of this being not much different from it.*

Place. It groweth only in Gardens with us in *England.*

Government and Vertues. *Venus* owns the Herb, and it is under *Leo.* There is no better Herb to drive melancholy Vapors from the Heart, to ſtrengthen it, and make a merry, chearful, blithe Soul, than this Herb. It may be kept in a Syrup or Conſerve, therefore the Latins called it *Cordiaca.* Beſides, it makes Women joyful Mothers of Children, and ſettles their Wombs as they ſhould be; therefore we call it *Motherwort.* It is held to be of much uſe for the trembling of the Heart, and in Faintings and Swoonings, from whence it took the name *Cordiaca.* The Powder thereof to the quantity of a ſpoonful drunk in Wine, is a wonderful help to Women in their ſore Travel, as alſo for the ſuffocations or riſings of the Mother; and for theſe effects it is likely it took the name of Mother-wort with us. It alſo provoketh Urin and Womens Courſes, cleanſeth the Cheſt of cold Flegm oppreſſing it, and killeth Worms in the Belly. It is of good uſe to warm and dry up the cold humors, to digeſt and diſperſe them that are ſettled in the Veins, Joynts and Sinews of the Body, and to help Cramps and Convulſions.

Melancholy Vapors, *Swoonings,* *ſore Travel,* *Mother,* *Urin,* *Womens Courſes,* *Flegm,* *Cold Flegm,* *Cramps,* *Convulſions,*

MOUS-

Mouſe-Ear.

Deſcript. MOuſe-Ear *is a low Herb creeping upon the ground by ſmall ſtrings like the* Strawberry *Plant, whereby it ſhooteth forth ſmall Roots, whereat grow upon the ground many ſmall and ſomewhat ſhort Leaves ſet in a round form together, and very hairy, which being broken, do give a white Milk: from among theſe Leaves ſpring up two or three ſmall hoary Stalks about a ſpan high, with a few ſmaller Leaves thereon; At the tops whereof ſtandeth uſually but one Flower, conſiſting of many paler yellow Leaves, broad at the points, and a little dented in, ſet in three or four rows, the greater outermoſt, very like a* Dandelyon *Flower, and a little reddiſh underneath about the edges, eſpecially if it grow in a dry ground: which after they have ſtood long in Flower, do turn into down, which with the ſeed is carried away with the wind.*

Place.] It groweth on Ditch Banks, and ſometimes in Ditches if they be dry, and in ſandy grounds.

Time.] It flowreth about *June* and *July*, and abideth green all the Winter.

Government and Vertues.] The *Moon* owns the Herb alſo, and though Authors cry out upon Alchymiſts for attempting to fix Quick-ſilver by this Herb and Moonwort: A Roman would not have judged a thing by the ſucceſs; if it be to be fixed at all, 'tis by Lunar Influence. The Juyce hereof taken in Wine, or the Decoction thereof drunk, doth help the Jaundice although of long continuance, to drink thereof morning and evening, and abſtain from other drink two or three hours after: It is a ſpecial Remedy againſt the ſtone, and the tormenting pains thereof; as alſo other Tortures and griping pains of the Bowels. The Decoction thereof, with Succory and Centaury, is held very effectual to help the Dropſie, and them that are inclining thereunto, and the Diſeaſes of the ſpleen. It ſtayeth the fluxes of Blood, either at the Mouth or Noſe, and inward bleedings alſo, for it is a ſingular Wound herb for Wounds both inward and outward: It helpeth the Bloody flux, and helpeth the abundance of Womens Courſes. There is a Syrup made of the Juyce hereof and Sugar by the Apothecaries of *Italy*, and other places, which is of much account with them, to be given to thoſe that are troubled with the Cough or Phtiſick: The ſame alſo is ſingular good for ruptures or burſtings. The green Herb bruiſed and preſently bound to any freſh Cut or Wound, doth quickly ſoder the lips thereof. And the Juyce, Decoction, or Powder of the dried Herb, is moſt ſingular to ſtay the malignity of ſpreading and fretting Cankers and Ulcers whatſoever, yea, in the Mouth, or ſecret parts: The diſtilled Water of the Plant is available in all the Diſeaſes aforeſaid, and to waſh outward Wounds and Sores, and to apply tents, or cloaths wet therein.

Jaundice, Stone, Bllyach, Dropſie, Flux, Wounds, Bloody-Flux, Terms ſtops, Cough, Phtiſick, Rupture, Canker, Ulcers, Spreading Sores.

Mugwort.

Deſcript.] *Common Mugwort hath divers Leaves lying upon the ground, very much divided, or cut deeply in about the brims, ſomewhat like Wormwood, but much larger, of a dark green colour on the upper ſide, and very hoary white underneath. The ſtalks riſe to be four or five foot high, having on it ſuch like Leaves as thoſe below, but ſomewhat ſmaller, branching forth very much towards the top, whereon are ſet very ſmall pale yellowiſh Flowers like Buttons, which fall away; and after them come ſmall ſeed incloſed in round Heads. The Root is long and hard, with many ſmall fibres growing from it, whereby it taketh ſtrong hold in the ground, but both ſtalk and leaf do die down every year, and the Root ſhooteth anew in the Spring. The whole Plant is of a reaſonable good ſcent, and is more eaſily propagated by the ſlips than by the ſeed.*

Place. It groweth plentifully in many places of this Land, by the Way ſides; as alſo by ſmall Water-Courſes, and in divers other places.

Time. It flowreth and ſeedeth in the end of Summer.

Government and Vertues. This is an Herb of *Venus*, therefore maintaineth the parts of the body ſhe rules, remedies the Diſeaſes of the parts that are under her Signs, *Taurus* and *Libra*. Mugwort is with good ſucceſs put among other Herbs that are boyled for Women to ſit over the hot Decoction, to draw down their Courſes, to help the Delivery of the Birth, and expel the Afterbirth; as alſo for the Oſtructions and Inflamations of the Mother. It breaketh the Stone, and cauſeth one to make water where it is ſtopped. The Juyce thereof made up with Mirrh, and put under as a Peſſary, worketh the ſame effects, and ſo doth the Root alſo, being made up with Hogs-greaſe into an Oyntment, it taketh away Wens and hard Knots and Kernels that grow about the Neck and Throat, and eaſeth the pains about the Neck more effectually, if ſome Field-Daiſies be put with it. The herb it ſelf being freſh, or the Juyce thereof taken, is a ſpecial Remedy upon the over-much taking of Opium. Three drams of the Powder of the dried Leaves taken in Wine, is a ſpeedy and the beſt certain help for the Sciatica. A Decoction thereof made with Chamomel and Agrimony, and the place bathed therewith while it is warm, taketh away the pains of the Sinews and the Cramp.

Terms provokes, Birth, Afterbirth, Womb inflamed, Wens, Kings-Evil, pains in the Neck, Opium, Sciatica, Sinews pained, Cramp.

The Mulberry-Tree.

THis is ſo well known where it groweth, that it needeth no deſcription.

Time. It beareth fruit in the months of *July* and *Auguſt*.

Government and Vertues.] *Mercury* rules the Tree, therefore are its effects variable as his are. The Mulberry is of different parts: the ripe Berries by reaſon of their ſweetneſs and ſlippery moiſture, opening the body, and the unripe binding it, eſpecially when they are dried, and

then

then they are good to ſtay Fluxes, Lasks, and the abundance of Womens Courſes. The Bark of the Root killeth the broad Worms in the Body. The juyce, or the Syrup made of the juyce of the Berries, helpeth all Inflamations or Sores in the Mouth or Throat, and the Palate of the Mouth, when it is fallen down. The Juyce of the Leaves is a Remedy againſt the biting of Serpents, and for thoſe that have taken Aconite: The Leaves beaten with Vinegar, are good to lay on any place that is burnt with fire. A Decoction made of the Bark and Leaves, is good to waſh the Mouth and Teeth when they ake. If the Root be a little ſlit or cut, and a ſmall hole made in the ground next thereunto, in the Harveſt time, it will give out a certain juyce, which being hardned, the next day is of good uſe to help the Toothach, to diſſolve knots, and purge the Belly: The Leaves of Mulberries are ſaid to ſtay bleeding at Mouth or Noſe, or the bleeding of the Piles, or of a Wound, being bound unto the places. A Branch of the Tree taken when the *Moon* is at the full, and bound to the Wreſt of a Womans Arm, whoſe Courſes come down too much, doth ſtay them in ſhort ſpace.

Bleeding, Fluxes, Lasks, Terms ſtops, Inflamation, Ulcers, Sore mouth, and throat, Toothach, Bleeding, Hemorrhoids. A curious ſecret.

Mullein.

Deſcript. *Common* white Mullein, *hath many fair, large, woolly, white Leaves lying next the ground, ſomewhat longer than broad, pointed at the ends, and as it were dented about the edges: The Stalk riſeth up to be four or five foot high, covered over with ſuch like Leaves, but leſſer, ſo that no Stalk can be ſeen for the multitude of Leaves thereon up to the Flowers, which come forth on all ſides of the Stalk, without any Branches for the moſt part, and are many ſet together in a long ſpike, in ſome of a gold yellow colour, in others more pale, conſiſting of five round pointed Leaves, which afterward have ſmall round Heads, wherein is ſmall browniſh ſeed contained: The Root is long, white, and woody, periſhing after it hath born ſeed.*

Place.] It groweth by way ſides, and lanes, in many places of this Land.

Time.] It flowreth in *July*, or thereabouts.

Government and Vertues.] It is under the Dominion of *Saturn.* A ſmall quantity of the Root given in Wine, is commended by *Dioſcorides* againſt Lasks and Fluxes of the Belly: The Decoction thereof drunk is profitable for thoſe that are burſten, and for Cramps and Convulſions, and for thoſe that are troubled with an old Cough. The Decoction thereof gargled, eaſeth the pains of the Toothach. An Oyl made by the often infuſion of the Flowers, is of very good effect for the Piles. The Decoction of the Root in red Wine, or in Water (if there be an Ague) wherein red hot ſteel hath been often quenched, doth ſtay the bloody flux: The ſame alſo openeth Obſtructions of the Bladder and Reins when one cannot make water. A Decoction

Flux, Ruptures, Cramp, Convulſion, Cough, Toothach, Hemorrhoids, Bloody Flux,

Obſtructions, Reins, Bladder, Sinews, Gout, Wart, Belly-ach, Cholick, Inflamation, Thorns, Splinters, Boyls, Groin, Diſſenterie.

coction of the Leaves hereof, and of Sage, Marjoram and Camomel Flowers, and the places bathed therewith that have Sinews ſtark with cold, or Cramps, doth bring them much eaſe, and comfort. Three ounces of the diſtilled Water of the Flowers drunk morning and evening for ſome dayes together, is ſaid to be the moſt excellent Remedy for the Gout. The Juyce of the Leaves and Flowers being laid upon rough Warts, as alſo the Powder of the dried roots rubbed on, doth eaſily take them away; but doth no good to ſmooth Warts. The Powder of the dried Flowers is an eſpecial Remedy for thoſe that are troubled with Belly-aches, or the pains of the Cholick. The Decoction of the Root, and ſo likewiſe of the Leaves, is of great effect to diſſolve the Tumors, Swellings, or Inflamation of the Throat. The Seed and Leaves boiled in Wine, and applied, draw forth ſpeedily Thorns, or Splinters gotten into the Fleſh, eaſe the pains, and heal them alſo. The Leaves bruiſed and wrapped in double Papers, and covered with hot aſhes and embers to bake a while, and then taken forth and laid warm on any Botch or Boyl happning in the Groyn or Share, doth diſſolve and heal them. The Seed bruiſed, and boyled in Wine, and laid on any Member that hath been out of Joynt, and is newly ſet again, taketh away all ſwellings and pain thereof.

Muſtard.

Deſcript.] *Our common* Muſtard *hath large and broad rough Leaves very much jagged with uneven and unorderly gaſhes, ſomewhat like Turnip Leaves, but leſſer and rougher: The ſtalk riſeth to be more than a foot high, and ſometimes two foot high, being round, rough, and branched at the top, bearing ſuch like Leaves thereon as grow below, but leſſer, and leſſe divided, and divers yellow Flowers one above another at the tops, after which come ſmall rough Pods, with ſmall lank flat ends, wherein is contained round yellowiſh ſeed, ſharp, hot, and biting upon the Tongue. The Roots ſmall, long, and woody, when it beareth ſtalk, and periſheth every year.*

Place. This groweth with us in Gardens only, and other manured places.

Time. It is an annual Plant, flowring in *July*, and their ſeed is ripe in *Auguſt*.

Government and Vertues.] It is an excellent Sawce for ſuch whoſe Blood wants clarifying, and for weak ſtomachs, being an Herb of *Mars* but naught for Cholerick People, though as good for ſuch as are aged or troubled with cold Diſeaſes: *Aries* claims ſomething to do with it, therefore it ſtrengthens the heart and reſiſteth Poyſon: let ſuch whoſe ſtomachs are ſo weak they cannot digeſt their meat, or appetite it, take of Muſtard ſeed a dram, Cinnamon as much, and having beaten them to Powder, and half as much Maſtich in Powder, and with Gum Arabick diſſolved in Roſe Water, make it up into Troches, of which they may take one of about half a dram

a dram weight an hour or two before meals, let old men and women make much of this Medicine, and they will either give me thanks or manifeſt ingratitude. Muſtard ſeed hath the Vertue of heating, diſcuſſing, rarifying, and drawing out ſplinters of Bones, and other things out of the fleſh. It is of good effect to bring down Womens Courſes, for the Falling-ſickneſs or Lethargy, Drouſie forgetful evil, to uſe it both inwardly and outwardly to rub the Noſtrils, Forehead and Temples, to warm and quicken the ſpirits, for by the fierce ſharpneſs it purgeth the Brain by ſneezing, and drawing down Rheum and other viſcous Humours, which by their diſtillations upon the Lungs and Cheſt procure Coughing, and therefore with ſome Honey added thereto doth much good therein. The Decoction of the ſeed made in Wine and drunk, provoketh Urin, reſiſteth the force of Poyſon, the malignity of Muſhroms, and the Venom of Scorpions, or other Venemous Creatures, if it be taken in time: and taken before the cold fits of Agues, altereth, leſſeneth and cureth them. The ſeed taken either by it ſelf or with other things, either in an Electuary or Drink, doth mightily ſtir up bodily Luſt, and helpeth the ſpleen and pains in the ſides, and gnawing in the Bowels. And uſed as a Gargle, draweth up the Palate of the Mouth being fallen down, and alſo it diſſolveth the Swellings about the Throat, if it be outwardly applied. Being chewed in the Mouth, it oftentimes helpeth the Toothach. The outward application hereof upon the pained places of the Sciatica, diſcuſſeth the Humors, and eaſeth the pains, as alſo of the Gout, and other Joynt-aches, and is much and often uſed to eaſe pains in the Sides or Loyns, the Shoulders or other parts of the Body, upon the applying thereof to raiſe Bliſters, and cureth the Diſeaſe by drawing it to the outward parts of the Body: It is alſo uſed to help the falling of the Hair: The Seed bruiſed, mixed with Honey and applied, or made up with Wax, taketh away the Marks, and black and blue ſpots of bruiſes, or the like, the roughneſs or ſcabbineſs of the skin, as alſo the Leproſie and Louſie evil: It helpeth alſo the crick in the Neck. The diſtilled water of the Herb when it is in flower, is much uſed to drink inwardly to help in any of the Diſeaſes aforeſaid, or to waſh the Mouth when the Palate is down, and for the Diſeaſes of the Throat to gargle, but outwardly alſo for Scabs, Itch, or other the like infirmities, and cleanſeth the Face from Morphew, Spots, Freckles, and other Deformities.

Heats, Dries, Splinters, Thorns, Terms provokes, Falling-ſickneſs, Lethargy, Sneezing, Diſury, Poyſon, Muſhrooms, Venemous Beaſts, Agues, Luſt provokes, Spleen, Uvula, Sciatica, Toothach, Pains, Hair, Bruiſes, Black and blue ſpots, Roughneſs, Leproſie, Louſie Evil, Morphew, Freckles, Dry Necks.

Hedg-Muſtard.

Deſcript. *THis groweth up uſually but with one blackiſh green ſtalk, tough, eaſie to bend, but not break, branched into divers parts, and ſometimes with divers ſtalks ſet full of branches, whereon grow long, rough, or hard rugged Leaves, very much torn or cut on the edges into many*

many parts, ſome bigger, and ſome leſſer, of a dirty green colour: The Flowers are ſmall and yellow, that grow at the tops of the Branches in long ſpikes, flowring by degrees, ſo that continuing long in flower, the ſtalks will have ſmall round Cods at the bottom growing upright, and cloſe to the ſtalk, while the top flowers yet ſhew themſelves; in which are contained ſmall yellow ſeed ſharp and ſtrong, as the Herb is alſo. The Root groweth down ſlender and woody, yet abiding, and ſpringing again every year.

Place.] This groweth frequently in this Land, by the Wayes and Hedg-ſides, and ſometimes in the open Fields.

Time. It flowreth moſt uſually about *July.*

Government and Vertues.] *Mars* owns this Herb alſo. It is ſingular good in all the Diſeaſes of the Cheſt and Lungs, Hoarſneſs of voyce, and by the uſe of the Decoction thereof for a little ſpace, thoſe have been recovered who had utterly loſt their Voyce, and almoſt their ſpirits alſo. The juyce thereof made into a Syrup, or licking Medicine with Honey or Sugar is no leſs effectual for the ſame purpoſe, and for all other Coughs, Wheeſing, and Shortneſs of Breath. The ſame is alſo profitable for thoſe that have the Jaundice, the Pleuriſie, pains in the Back and Loyns, and for torments in the Belly, or the Cholick, being alſo uſed in Clyſters. The ſeed is held to be a ſpecial Remedy againſt Poyſon and Venom: It is ſingular good for the Sciatica, the Gout, and all Joynt-aches, Sores, and Cankers in the Mouth, Throat, or behind the Ears; and no leſs for the hardneſs and ſwelling of the Teſticles, or of Womens Breaſts.

Cheſt, Lungs, Hoarſneſs, Cough, Shortneſs of Breath, Jaundice, Pleuriſie, Back, Loyns, Belly, Cholick, Poyſon, Sciatica, Gout, Joynts, Fiſtulaes, Ulcers, Cankers, Teſticles, Womens Breaſts.

Nailwort, *or* Whitlow-graſs.

Deſcript.] *This very ſmall and common Herb hath no Roots, ſave only a few ſtrings; neither doth it ever grow to be above a hand breadth high: The Leaves are very ſmall, and ſomething long, not much unlike thoſe of* Chickweed; *amongſt which riſe up divers ſlender ſtalks, bearing many white Flowers one above another, which are exceeding ſmall: After which come ſmall flat Pouches containing the ſeed, which is very ſmall, but of a ſharp taſt.*

Place.] It grows commonly upon old ſtone and brick Walls, and ſometimes in dry gravelly Grounds, eſpecially if there be Graſs or Moſs neer, to ſhadow it.

Time.] They flower very early in the year, ſometimes in *January*, and in *February*, for before the end of *April* they are not to be found.

Government and Vertues. It is held to be exceeding good for thoſe Impoſthumes in the Joynts, and under the Nails, which they call Whitlows, Felons, Andicoms, and Nail-wheals. Such as would be knowing Phyſitians, let them read theſe Books of mine of the laſt Edition, viz. *Riverius, Riolanus, Johnſton, Veſlingus, Sennertus.*

Impoſthumes, Whitlows, Felons, Andicoms, Nail wheals.

NEP,

Nep, *or* Catmint.

Deſcription. *Common Garden Nep ſhooteth forth hard fourſquare ſtalks with a hoarineſs on them, a yard high or more, full of Branches, bearing at every joynt two broad Leaves, ſomewhat like Balm, but longer pointed, ſofter, whiter, and more hoary, nicked about the edges, and of a ſtrong ſweet ſcent. The Flowers grow in large tufts at the tops of the Branches, and underneath them likewiſe on the ſtalks many together, of a whitiſh purple color. The Roots are compoſed of many long ſtrings or fibres faſtning themſelves ſtronger in the ground, and abide with green Leaves thereon all the Winter.*

Place. It is only nurſed up in our Gardens.

Time. And it flowreth in *July*, or thereabouts.

Government and Vertues. It is an Herb of *Venus*. Nep is generally uſed for Women to procure their Courſes, being taken inwardly or outwardly, either alone, or with other convenient Herbs in a Decoction to bath them, or ſit over the hot fumes thereof, & by the frequent uſe thereof, it takes away barrenneſs, and the wind and pains of the Mother. It is alſo uſed in pains of the Head coming of any cold cauſe, as Catarrhs, Rhewms, and for ſwimming and giddineſs thereof, and is of eſpecial uſe for the windineſs of the Stomach and Belly. It is effectual for any Cramp or cold aches, to diſſolve the cold and wind that afflicteth the place, and is uſed for Colds, Coughs, and ſhortneſs of breath. The Juyce thereof drunk in Wine, is profitable for thoſe that are bruiſed by any accident. The green Herb bruiſed and applied to the Fundament, and lying there two or three hours, eaſeth the pains of the Piles. The Juice alſo being made up into an Ointment, is effectual for the ſame purpoſe: The Head waſhed with a Decoction thereof, it taketh away ſcabs, and may be effectual for other parts of the Body alſo.

Terms provokes, *Barrenneſs*, *womb*, *wind*, *Mother*, *Cough*, *Rhewms*, *Vertigo*, *Cramp*, *Cold ach*, *Difficulty of breath*, *Bruiſes*, *Hemorrhoids*, *Scabby Heads*.

Nettles.

NEttles are ſo well known that they need no Deſcription at all, they may be found by feeling in the darkeſt night.

Government and Vertues. This alſo is an Herb *Mars* claims Dominion over. You know *Mars* is hot and dry, and you know as well that Winter is cold and moiſt; then you may know as well the reaſon why Nettle tops eaten in Spring conſume the Flegmatick ſuperfluities in the Body of Man, that the coldneſs and moiſture of Winter hath left behind.

The Roots or Leaves boiled, or the juice of either of them, or both, made into an Electuary with Honey or Sugar, is a ſafe and ſure medicin to open the pipes & paſſages of the lungs, which is the cauſe of wheezing & ſhortneſs of breath, and helpeth to expectorat tough flegm, as alſo to raiſe the impoſtumated Pleuriſie, and ſpend it by ſpitting; the ſame helpeth the ſwelling of the Almonds

Lungs, *wheezing*, *ſhortneſs of breath*, *Pleuriſie*, *Almonds*

Almonds *of the ears*.

Ears, Throat, Mouth, Uvula, terms provokes, Mother, diſury, gravel, worms, ſpleen, bleeding, venom. Beaſts, mad dogs, hemlock, Henbane, Nightſhade, Mandrakes, Lethargie, Morphew, Leproſie, Bleeding, Polipus, ulcers, Fiſtulaes, Gangrenes, ſcabs, Itch, Wounds, Wearineſs, Diſjunctures, Gout, Sciatica, Joynts

Almonds of the Throat, the mouth and throat being gargled therewith. The juice is alſo effectual to ſettle the Palate of the Mouth in its place, and to heal and temper the inflamations and ſoreneſs of the Mouth and Throat. The Decoction of the Leaves in Wine, being drunk, is ſingular good to provoke Womens Courſes, and ſettle the ſuffocation, ſtrangling of the Mother, and all other diſeaſes thereof, as alſo applied outwardly with a little Mirrh. The ſame alſo, or the ſeed, provoketh Urine, and expelleth the Gravel and ſtone in the Reins or Bladder, often proved to be effectual in many that have taken it. The ſame killeth the Worms in Children, eaſeth pains in the ſides, and diſſolveth the windineſs in the ſpleen, as alſo in the Body, although others think it only powerful to provoke venery. The juice of the Leaves taken two or three daies together, ſtayeth bleeding at the Mouth. The ſeed being drunk, is a Remedy againſt the ſtinging of Venemous Creatures, the biting of mad Dogs, the poyſonfull qualities of Hemlock, Henbane, Nightſhade, Mandrake, or other ſuch like Herbs that ſtupifie or dull the Senſes; as alſo the Lethargie, eſpecially to uſe it outwardly to rub the Forehead or Temples in the Lethargy, and the places bitten or ſtung with Beaſts, with a little Salt. The Diſtilled Water of the Herb is alſo effectual (although not ſo powerful) for the Diſeaſes aforeſaid, as for outward Wounds and ſores to waſh them, and to cleanſe the skin from Morphew, Leproſie, and other diſcolorings thereof: The Seed or Leaves bruiſed, and put into the Noſtrils, ſtayeth the bleeding of them, and taketh away the Fleſh growing in them, called *Polipus*. The Juice of the Leaves, or the Decoction of them, or of the Roots, is ſingular good to waſh either old, rotten, or ſtinking ſores, or Fiſtulaes and Gangrenes, and ſuch as are fretting, eating, or corroding ſcabs, Mangineſs and Itch in any part of the Body, as alſo green Wounds, by waſhing them therewith, or applying the green Herb bruiſed thereunto, yea, although the Fleſh were ſeparated from the Bones: The ſame applied to our wearied members, refreſheth them, or to places that have been out of joynt being firſt ſet up again, ſtrengtheneth, drieth, and comforteth them, as alſo thoſe places troubled with Aches and Gouts, and the Defluxion of Humors upon the joynts or ſinews, it eaſeth the pains, and drieth or diſſolveth the Defluxions. An Ointment made of the juice, Oil, and a little Wax, is ſingular good to rub cold and benummed members. An handfull of the Leaves of green Nettles, and another of Wal-wort, or Dane-wort, bruiſed and applied ſimply of themſelves to the Gout Sciatica, or Joynt-aches in any part, hath been found to be an admirable help thereunto.

Nightſhade.

Deſcription. *Common* Night-ſhade *hath an upright, round, green, hollow Stalk, about a foot or half a yard high, buſhing forth in-*

to many Branches, whereon grow many green Leaves, ſomewhat broad and pointed at the ends, ſoft and full of Juyce, ſomewhat like unto Bazil, but larger, and a little unevenly dented about the edges: at the tops of the ſtalks and Branches, come forth three or four more white flowers made of five ſmall pointed Leaves a piece, ſtanding on a ſtalk together, one above another with yellow pointels in the middle, compoſed of four or five yellow threds ſet together, which afterwards run into ſo many pendulous green berries of the bigneſs of ſmall Peaſe, full of green Juice, and ſmall whitiſh round flat Seed lying within it. The Root is white and a little woody when it hath given flower and fruit with many ſmall Fibres at it: The whole Plant is of a wateriſh inſipide taſte, but the Juyce within the Berries is ſomewhat viſcous, and of a cooling and binding quality.

Place. It groweth wild with us, under old Walls, and in Rubbiſh, the common paths, and ſides of Hedges and Fields, as alſo in our Gardens here in *England* without any planting.

Time. It dieth down every year, and ariſeth again of its own ſowing, but ſpringeth not until the later end of *April* at the ſooneſt.

Government and Vertues. It is a cold *Saturnine* Plant. This common *Nightſhade* is wholly uſed to cool hot Inflamations either inwardly or outwardly, being no way dangerous to any that ſhall uſe it, as moſt of the reſt of the *Nightſhades* are; yet it muſt be uſed moderately The diſtilled water only of the whole Herb is fitteſt and ſafeſt to be taken inwardly: The juice alſo clarified and taken, being mingled with a little Vinegar, is good to waſh the Mouth and Throat that is inflamed: But outwardly the juice of the Herb or Berries with Oil of Roſes, and a little Vinegar & Ceruſs labored together in a leaden morter, is very good to anoint all hot Inflamations in the Eyes: It doth alſo much good for the Shingles, Ring-worms, and in all running, fretting, and corroding Ulcers, and in moiſt Fiſtulaes, and if the Juice be made up with ſome Hens dung and applied thereunto: A Peſſary dipped in the juice, and put up into the Matrix, ſtayeth the immoderate Flux of Womens Courſes: A Cloth wet therein, and applied to the Teſticles or Cods, upon any ſwelling therein, giveth much eaſe, as alſo to the Gout that cometh of hot and ſharp Humors. The Juice dropped into the Ears, eaſeth pains thereof that ariſe of heat of inflamation. And *Pliny* ſaith, It is good for hot ſwellings under the Throat, Have a care you miſtake not the *Deadly Nightſhade* for this; if you know it not you may let them both alone and take no harm, having other Medicins ſufficient in the Book.

Inflamations in the Eyes, Shingles, Ring-worms, Ulcers, Terms ſtops, Teſticles, Gout, Ears.

The Oak.

IT is ſo well known (the timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Deſcription.

Government and Vertues. *Jupiter* owns the Tree. The Leaves and Bark of the Oak, and the Acorn Cups, do bind and dry very much:

Dry, Bind, ſpitting Blood, Flux Vomiting, Venereous Acts, Diſury, Poyſon, venem. Beaſts, Cantharides, Ulcers of the Bladder.

much: The inner Bark of the Tree, and the thin skin that covereth the Acorn, are moſt uſed to ſtay the ſpitting of Blood, and the Bloody Flux: The Decoction of that bark, and the Powder of the Cups, do ſtay vomitings, ſpitting of Blood, bleeding at the Mouth, or other Flux of Blood in Men or Women, Lasks alſo, and the involuntary Flux of natural Seed. The Acorns in powder taken in Wine provoketh Urine, and reſiſteth the Poiſon of Venemous Creatures. The Decoction of Acorns and the Bark made in Milk, and taken, reſiſteth the force of Poiſonous Herbs and Medicines, as alſo the Virulency of Cantharides, when one by eating them, hath his Bladder exulcerated and piſſeth blood. *Hippocrates* ſaith, He uſed the fumes of Oak Leaves to women that were troubled with the ſtrangling of the Mother; and *Galen* applied them being bruiſed, to cure green Wounds. The Diſtilled Water of the Oaken Buds before they break out into Leaves, is good to be uſed either inwardly or outwardly to aſſwage Inflamations, and ſtop all manner of Fluxes in man or woman: The ſame is ſingular good in Peſtilential and hot burning Feavers, for it reſiſteth the force of the infection, and allayeth the Heat: it cooleth the heat of the Liver, breaketh the ſtone in the Kidneys, and ſtayeth womens Courſes. The Decoction of the Leaves worketh the ſame effects. The water that is found in the hollow places of old Oaks, is very effectual againſt any foul or ſpreading Scab. The Diſtilled Water (or Decoction which is better) of the Leaves is one of the beſt Remedies that I know for the Whites in Women. For cure of all Diſeaſes, read my *Riverius*, *Riolanus*, *&c.*

Mother, Wounds Inflamation, Flux, peſtilences, Epidemical Diſeaſes, Liver, Stones, Terms ſtops, Scabs.

Oats.

THeſe are alſo ſo well known that they need no Deſcription.

Government and Vertues Oats fried with Bay ſalt, and applied to the Sides, take away the pains of Stitches and Wind in the ſides or belly. A pultiſs made of the Meal of Oats, and ſome Oil of Bays put thereto helpeth the Itch, and the Leproſie, as alſo the Fiſtulaes of the Fundament, and diſſolveth hard Impoſthumes. The Meal of Oats boiled with Vinegar and applied, taketh away Freckles and ſpots in the Face, or other parts of the Body.

Stitch, Wind, Itch, Leproſie, Fiſtulaes Apoſthumes, Freckles.

One Blade.

Deſcription. *THis ſmall Plant never beareth more than one Leaf, but only when it riſeth up with his ſtalk, which thereon beareth another, and ſeldom more, which are of a bluiſh green color, pointed, with many ribs, or veins therein, like Plantane: At the top of the ſtalk, grow many ſmall white flowers, Star-faſhion, ſmelling ſomwhat ſweet; after which come ſmall reddiſh Berries when they are ripe. The Root is ſmall, of the bigneſs of a Ruſh, lying and creeping under the upper cruſt of the Earth, ſhooting forth in divers Places.*

Place

Place. It groweth in moiſt, ſhadowy, and graſſie places of Woods, in many places of this Land.

Time. It flowereth about *May*, and the Berties be ripe in *June*, and then quickly periſheth, untill the next year, it ſpringeth from the ſame Root again.

Government and Vertues. It is a precious Herb of the *Sun*. Half a dram or a dram at moſt in powder of the Roots hereof taken in Wine and Vinegar, of each equal parts, and the party laid preſently to ſweat thereupon, is held to be a ſoveraign Remedy for thoſe that are infected with the Plague, and have a ſore upon them, by expelling the Poiſon and Infection, and defending the Heart and Spirits from danger. It is a ſingular good Wound Herb, and is therupon uſed with other the like effects in making Compound Balms for Curing of Wounds, be they freſh and green, or old and Malignant, and eſpecially if the Sinews be burnt.

Peſtilence, Poyſon, Epiaemical diſeaſes, Wounds, Sinews cut,

Orchis.

IT hath gotten almoſt as many ſeveral names attributed to the ſeveral ſorts of it, as would almoſt fill a ſheet of Paper; as Dogs-ſtones, Goat-ſtones; Fools-ſtones, Fox-ſtones, Satirian, Cullians, together with many others, too tedious to rehearſe.

Deſcription. *To deſcribe all the ſeveral ſorts of it were an endleſs piece of work; therefore I ſhall only deſcribe the Roots, becauſe they are to be uſed with ſome diſcretion. They have each of them a double Root within, ſome of them are round, in others like a hand; theſe Roots alter every year by courſe, when the one riſeth and waxeth full, the other waxeth lank and periſheth: Now it is that which is full which is to be uſed in Medicine, the other being either of no uſe at all, or elſe according to the Humor of ſome, It deſtroyes and diſannulls the Vertue of the other, quite undoing what that doth.*

Time. One or other of them may be found in Flower, from the beginning of *April*, to the later end of *Auguſt*.

Temperature and Vertues. They are hot and moiſt in operation, under the Dominion of Dame *Venus*, and provoke Luſt exceedingly, which they ſay the dry or withered Root reſtrains again; they are held to kill the Worms in Children: as alſo being bruiſed and applied to the place, to help the Kings evil. *For cure of all Diſeaſes, read my* Riverius, Veſlingus, Riolanus, Johnſton, Sennertus, *&c.*

Luſt provoketh, Worms, Kings-evil.

Onions.

THey are ſo well known, that I need not ſpend time about writing a Deſcription of them.

Government and Vertues. *Mars* owns them, and they have gotten this quality, to draw any corruption to them, for if you pill one, lay him upon a Dunghil, you ſhall find him rotten in half a day, by drawing putrefaction to it, then being bruiſed and applied to a Plague-ſore 'tis very probable 'twill do the like.

Onions

Onions are Flatulent or windy, yet they do somewhat provoke appetite, encrease thirst, ease the belly & bowels; provoke womens courses; help the biting of a mad Dog, and of other venemous creatures to be used with Honey and Rue, and encrease Sperm, especially the Seed of them; They also kill the worms in Children if they drink the water fasting wherein they have been steeped all night. Being roasted under the Embers and eaten with Honey or Sugar and Oil they much conduce to help an inveterate Cough, and expectorate the tough Flegm. The Juice being snuffed up into the Nostrils, purgeth the Head and helpeth the Lethargy, (yet the often eating them is said to procure pains in the Head) It hath been held by divers Country people a good preservative against infection to eat Onions fasting with Bread and Salt: as also to make a great Onion hollow, filling the place with good Treacle, and after to roast it well under the Embers, which after taking away of the outermost skin thereof, being beaten together, is a Soveraign Salve for either Plague-sore, or any other putrid Ulcer. The Juice of Onions is good for either scalding, or burning by fire, water, or Gunpowder, and used with Vinegar, taketh away all blemishes, Spots and Marks in the Skin, and dropped into the Ears, easeth the pains and noise of them. Applied also with Figs beaten together, helpeth to ripen and break Impostumes and other sores.

Mad dogs, Worms, Cough, Lethargy, Epidemical diseases.

Leeks are as like them in quality, as a Pomewater is like an Apple: they are a Remedy against a Surfeit of Mushroms, being baked under the Embers and taken; and being boiled and applied warm help the Piles: In other things they have the same property as the Onions, although not so effectual.

Orpine.

Description. *Common Orpine riseth up with divers round brittle stalks thick set with fat and fleshy Leaves, without any order, and little or nothing dented about the edges, of a green color; the flowers are white or whitish growing in tufts, after which come small chaffy Husks, with seed like dust in them. The Roots are divers, thick, round, white tuberous clogs; and the Plant groweth to so big in some places as in others where it is found.*

Place, It is frequent almost in every County of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild and groweth in shadowy sides of Fields and Woods.

Time. It flowereth about *July*, and the Seed is ripe in *August*.

Government and Vertue. The *Moon* owns the Herb, and he that knows but her Exaltation, knows what Sympathy is true.

Orpine is seldom used in inward Medicines with us; although *Tragus* saith from experience in *Germany* that the distilled water thereof is profitable for gnawings or excoriations in the stomach or Bowels, and for Ulcers in the Lungs, Liver, or other inward parts, as also in the Matrix, and helpeth all those Diseases, being drunk for certain daies together. And

Excoriation of Bowels, Ptisick, Womb, Bloody Flux, Wounds.

that

that it ſtayeth the ſharpneſs of humors in the bloody Flux and other Fluxes in the Body, or in Wounds. The Root thereof alſo performeth the ſame effect. It is uſed outwardly to cool any heat or Inflamation upon any hurt or wound, and eaſeth the pains of them: as alſo to heal Scaldings or Burnings. The Juyce thereof beaten with ſome green Sallet Oyl, and anointed. The Leaf bruiſed, and laid to any green wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinzy: it helpeth alſo Ruptures and Burſtneſs.

Inflamation, Scalding, Burnings, Quinzie, Ruptures.

If you pleaſe to make the Juyce thereof into a Syrup with Honey or Sugar, you may ſafely take a ſpoonful or two at at time (let my Author ſay what he will) for a Quinzy, and you ſhall find the Medicine more pleaſant, and the Cure more ſpeedy, than if you took a Dogs turd, which is the learned Colledges vulgar Cure.

Parſley.

THis is ſo well known, that it needeth no Deſcription.

Government and Vertues. It is under the Dominion of *Mercury*, and is very comfortable to the Stomach, and helpeth to provoke to Urin and Womens Courſes, and to break wind both in the Stomach and Bowels, and doth a little open the body, but the Root much more, and openeth Obſtructions both of the Liver and Spleen, and is therefore accounted one of the five opening Roots. *Galen* commendeth it againſt the Falling-ſickneſs, and to provoke Urin mightily, eſpecially if the Roots be boyled and eaten like Parſnips. The ſeed is effectual to provoke Urin and Womens Courſes, to expel wind, to break the Stone, and eaſe the pains and torments thereof, or of any other part in the body occaſioned by wind. It is alſo effectual againſt the Venome of any poyſonful Creature, and the danger that cometh to them that have taken Litharge; and is good againſt the Cough. The diſtilled Water of Parſley is a familiar Medicine with Nurſes to give their Children when they are troubled with wind in the Stomach or Belly, which they call the Frets, and is alſo much available to them that are of greater years. The Leaves of Parſley laid to the Eyes that are inflamed with heat, or ſwoln, doth much help them, if it be uſed with Bread or Meal; and being fryed with Butter, and applied to Womens Breaſts that are hard through the curdling of their Milk, it abateth the hardneſs quickly, and alſo it taketh away black and blew marks coming of Bruiſes or Falls. The Juyce thereof dropped into the Ears with a little Wine, eaſeth the pains. *Tragus* ſetteth down an excellent Medicine to help the Jaundice and Falling-ſickneſs, the Dropſie, and ſtone in the Kidnies in this manner. Take of the ſeeds of *Parſley*, *Fennel*, *Aniſe*, and *Caraways*, of each one ounce; of the Roots of *Parſley*, *Burnet*, *Saxifrage*, and *Caraways*, of each one ounce and an half: let the Seeds be bruiſed, and the Roots waſhed and cut ſmall. Les them lie all

Stomach, Diſury, Terms provokes, Liver, Spleen, Falling-ſickneſs, Stone, Wind, Venemous Beaſts, Cough, ſucking Children, Eyes, Womens Breaſts, curdled Milk, black and blew Marks, Jaundice, Falling-ſickneſs, Dropſie.

all night in ſteep in a pottle of white Wine, and in the morning be boyled in a cloſe earthen Veſſel until a third part or more be waſted, which being ſtrained and cleared, take four ounces thereof morning and evening firſt and laſt, abſtaining from drink after it for three hours. This openeth Obſtructions of the Liver and Spleen, and expelleth the Dropſie and Jaundice by Urin.

Obſtructions of Liver & Spleen.

Parſley-Piert, *or* Parſley Break-ſtone.

Deſcript. *THe Root, although it be very ſmall and thridy, yet it continues many years, from whence ariſe many Leaves lying along upon the ground, each ſtanding upon a long ſmall Footſtalk, the Leaves as broad as a mans nail, very deeply indented on the edges, ſomewhat like a Parſley leaf, but of a very duskie green colour. The ſtalks are very weak and ſlender, about three or four fingers in length, ſet ſo full of Leaves, that they can hardly be ſeen, either having no footſtalk at all, or but very ſhort. The Flowers are ſo ſmall, they can hardly be ſeen; and the ſeed as ſmall as ſmall may be.*

Place. It is a common Herb throughout the Nation, and rejoyceth in barren, ſandy, moiſt places. It may be found plentifully about *Hampſted* Heath, in Hide-Park, and in Tuttle-fields.

Time. It may be found all the Summer time, even from the beginning of *April* to the end of *October*.

Government and Vertues. Its operation is very prevalent to provoke urin, and to break the Stone. It is a very good Sallet-herb. It were good the Gentry would pickle it up as they pickle up Sampire for their uſe all the Winter. I cannot teach them how to do it: yet this I can tell them, it is a very wholſome Herb. They may alſo keep the Herb dry, or in a Syrup, if they pleaſe. You may take a dram of the Powder of it in white Wine, it would bring away Gravel from the Kidnies inſenſibly and without pain. It alſo helps the Strangury.

Urin provoketh, Stone, Gravel in the Kidnies, Strangury.

Parſnip.

THe Garden kind thereof is ſo well known (the Root being commonly eaten) that I ſhall not trouble you with any Deſcription of it. But the wild kind being of more Phyſical uſe, I ſhall in this place deſcribe unto you.

Deſcript.] *The wild Parſnip differeth little from the Garden, but groweth not ſo fair and large, nor hath ſo many Leaves; and the Root is ſhorter, more woody, and not ſo fit to be eaten, and therfore the more medicinable.*

Place. The name of the firſt ſheweth the place of its growth.

The other groweth wild in divers places, as in the Marſhes by *Rocheſter*, and elſewhere, and flowreth in *July*: the ſeed being ripe about the beginning of *Auguſt*, the ſecond year after the ſowing: for if they do flower the firſt year, the Country-people call them Madneps.

Government and Vertues. The Garden Parſnips are under *Venus*. The Garden

Garden *Parsnip* nourisheth much, and is good and wholesome Nourishment, but a little windy, whereby it is thought to procure bodily lust: but it fatneth the body much, if much used. It is conducible to the Stomach and Reins, and provoketh Urin. But the wild *Parsnip* hath a cutting, attenuating, cleansing and opening quality therein. It resisteth and helpeth the bitings of Serpents, easeth pains and Stitches in the sides, and dissolveth wind both in the Stomach and Bowels, which is the Colick, and provoketh Urin. The Root is often used, but the Seed much more.

Lust provokes, Disury, cleanse, Open, venemous Beasts, Colick, Disury.

The wild being better than the tame, shews Dame Nature to be the best Physitian.

Cow-parsnip.

Descript. *This groweth with three or four large, spread, winged, rough Leaves, lying often on the Ground, or else raised a little from it, with long, round, hairy foot stalks under them, parted usually into five divisions, the two couples standing each against other, and one at the end, and each Leaf being almost round, yet somewhat deeply cut in on the edges, in some Leaves, and not so deep in others, of a whitish green colour, smelling somewhat strongly: among which ariseth up a round crusted hairy stalk, two or three foot high, with a few Joynts and Leaves thereon, and branched at the top, where stand large Umbels of white, and sometimes reddish flowers, and after them flat, whitish, thin, winged seed, two alwaies joyned together. The Root is long and white, with two or three long strings growing down into the ground, smelling likewise strongly, and unpleasant.*

Place.] It groweth in moist Meadows, and the borders and corners of Fields, and near Ditches, generally through this Land.

Time.] It flowereth in *July*, and seedeth in *August*.

Government and Vertues.] *Mercury* hath the Dominion over them. The Seed thereof, as *Galen* saith, is of a sharp and cutting quality, and is therefore a fit Medicine for the Cough and shortness of Breath, the Falling-sickness, and the Jaundice. The Root is available to all the purposes aforesaid, and is also of great use to take away the hard skin that groweth on a Fistula, if it be but scraped upon it. The Seed hereof being drunk, cleanseth the Belly from tough flegmatick matter therein, easeth them that are Liver-grown, Womens passions of the Mother as well being drunk as the smoke thereof received underneath, and likewise raiseth such as are fallen into a deep sleep, or have the Lethargy, by burning it under their Nose. The Seed and Root boyled in Oyl, and the Head rubbed therewith, helpeth not only those that are fallen into a Frenzy, but also the Lethargy or drowsie Evil; and those that have been long troubled with the Headach, if it be likewise used with Rue. It helpeth also the running Scab and the Shingles. The Juyce of the Flowers dropped into the Ears that run and are full of matter, it cleanseth and healeth them.

Cough, Difficulty of breath, Falling-sickness, Jaundice, Fistula, Flegm, Liver, Mother, Lethargie, Frenzy, Headach, Scabs, Shingles.

The Peach-Tree.

Descript.] A Peach-Tree *groweth not so great as the Apricock-Tree, yet spreadeth branches reasonable well from whence spring smaller reddish twigs, whereon are set long and narrow green Leaves dented about the edges. The blossoms are greater than the Plum, and of a light purple colour. The fruit round, and sometimes as big as a reasonable Pippin, others smaller, as also differing in colours and tasts as russet, red, or yellow, watterish or firm, with a frize or Cotton all over, with a cleft therein like an Apricock, and a rugged furrowed great stone within it, and a bitter Kernel within the stone. It sooner waxeth old, and decayeth than the Apricock by much.*

Place.] They are nursed up in Gardens and Orchards through this Land,

Time.] They flower in the Spring, and fructifie in Autum.

Government and Vertues.] Lady *Venus* owns this Tree, and by it oppoſeth the ill effects of *Mars*, and indeed for Children and young people, nothing is better to purge Choler and the Jaundice, than the Leaves and Flowers of this Tree being made into a Syrup or Conſerve, let ſuch as delight to pleaſe their luſt regard the fruit: but ſuch as love their health and their Childrens, let them regard what I ſay, they may ſafely give two ſpoonfuls of the Syrup at a time, 'tis as gentle as *Venus* her ſelf. The Leaves of Peaches bruiſed and laid on the Belly, killeth Worms; and ſo they do alſo being boyled in Ale and drunk, and open the Belly likewiſe; and being dried is a ſafe Medicine to diſcuſs humors. The Powder of them ſtrewed upon freſh bleeding Wounds, ſtaying their bleeding, and cloſeth them up. The Flowers ſteeped all night in a little Wine ſtanding warm ſtrained forth in the morning and drunk faſting, doth gently open the Belly, and move it downwards. A Syrup made of them as the Syrup of Roſes is made, worketh more forcibly than that of Roſes, for it provoketh Vomiting, and ſpendeth watriſh and hydropick humors by the continuance thereof. The Flowers made into a Conſerve, worketh the ſame effect. The Liquor that dropped from the Tree being wounded, is given in the Decoction of Coltsfoot, to thoſe that are troubled with the Cough or ſhortneſs of Breath, by adding thereto ſome ſweet Wine, and putting ſome Saffron alſo therein, it is good for thoſe that are hoarſe, or have loſt their Voice: helpeth all defects of the Lungs, and thoſe that vomit or ſpit blood. Two drams thereof given in the Juyce of Lemmons or of Rhadiſh, is good for them that are troubled with the Stone. The Kernels of the ſtones do wonderfully eaſe the pains and wringings of the Belly through wind or ſharp humors, and help to make an excellent Medicine for the Stone upon all occaſions, on this manner. Take fifty Kernels of Peach ſtones, and one hundred of the Kernels of Cherry ſtones, a handful of Elder flowers, freſh or dried, and three pints of Muſcadel, ſet them in a cloſe pot into a bed of Horſe-dung for ten

Worms, Belly opens Humors, Wounds.

Dropſie, Cough, ſhortneſs of Breath, Vomiting and Spiting of Blood, Stone, Wind, Colick.

ten daies, which after diſtil in a Glaſs with a gentle fire, and keep it for your uſe: you may drink upon occaſion three or four ounces at a time. The Milk or Cream of theſe Kernels being drawn forth with ſome Vervain water, and applied to the Forehead and Temples, doth much help to procure reſt and ſleep to ſick perſons wanting it. The Oyl drawn from the Kernels, the Temples being therewith anointed, doth the like. The ſaid Oyl put into Clyſters, eaſeth the pains of the wind Colick; and anointed on the lower part of the Belly, doth the like; and dropped into the Ears, eaſeth the pains of them: the Juyce of the Leaves doth the like. Being alſo anointed on the Forehead and Temples, it helpeth the Megrim, and all other pains in the Head. If the Kernels be bruiſed and boyled in Vinegar until they become thick, and applied to the Head, it mervelouſly procures the Hair to grow again upon bald places, or where it is too thin.

Watching, Ears, Baldneſs

The Pear-Tree.

PEar-trees are ſo well known, that they need no Deſcription,

Government and Vertues. The Tree belongs to *Venus*, and ſo doth the Apple-tree. For their Phyſical uſe, they are beſt diſcerned by their taſts. All the ſweet or luſcious ſorts, whether manured or wild, do help to move the Belly downwards more or leſs. Thoſe that are hard and ſour, do on the contrary bind the Belly as much, and the Leaves do ſo alſo. Thoſe that are moiſt do in ſome ſort cool, but harſh or wild ſorts much more, and are very good in repelling Medicines: as if the wild ſorts be boyled with Muſhroms, it maketh them the leſs dangerous. The ſaid Pears boyled with a little Honey, helpeth much the oppreſſed ſtomach, as all ſorts of them do, ſome more, ſome leſs: but the harſher ſorts do more cool and bind, ſerving well to be bound to green Wounds, to cool and ſtay the blood, & heal up the Wound without further trouble or Inflamation, as *Galen* ſaith he hath found by Experience. And wild Pears do ſooner cloſe up the lips of green Wounds than the others.

Muſhroms, Stomach, Inflamations, Cool, Bind, Wounds.

Schola Salerni adviſeth to drink much Wine after Pears, or elſe (ſay they) they are as bad as poyſon, nay, and they curſe the Tree for it too: but if a poor man find his ſtomach oppreſſed by eating Pears, 'tis but working hard, and it will do as well as drinking Wine.

Pellitory of Spain.

COmmon *Pellitory of Spain*, if it be planted in our Gardens, it will proſper very well, yet is there one ſort growing ordinary here wild which I eſteem to be little inferior to the other, if at all. I ſhall not deny you the Deſcription of them both.

Deſcript. Common Pellitory is a very common Plant, and will not be kept in our Gardens without diligent looking to. The Root goes down right into the ground, bearing leaves being long and finely cut upon the ſtalks lying upon the ground, much larger than the leaves of Chamomil are. At the

it bears one ſingle large Flower at a place, having a border of many Leaves white on the upper ſide, and reddiſh underneath, with a yellow thrum in the middle, not ſtanding ſo cloſe as that of Chamomel doth.

The other common Pellitory which groweth here, it hath a root of a ſharp biting taſt, ſcarce diſcernable by the taſt from that before deſcribed, from whence ariſe divers brittle ſtalks, a yard high and more, with narrow long leaves finely dented about the edges, ſtanding one above another up to the top. The Flowers are many and white, ſtanding in tufts like thoſe of Yarrow, with a ſmall yellowiſh thrum in the middle. The ſeed is very ſmall.

Place. The laſt groweth in Fields by the Hedg ſides and Paths, almoſt every where.

Time. It flowereth at the later end of *June* and *July*.

Government and Vertues. It is under the Government of *Mercury*, and I am perſwaded that 'tis one of the beſt purgers of the Brain that grows. An ounce of the Juyce taken in a draught of Muskadel an hour before the fit of the Ague comes, will aſſuredly drive away the Ague at the ſecond or third time taking at the furtheſt. Either the Herb or Root dried and chewed in the mouth, purgeth the Brain of flegmatick Humors, thereby not only eaſing pains in the Head and Teeth, but alſo hindering the diſtilling of the Brain upon the Lungs and Eyes, thereby preventing Coughs, Phtiſicks, and Conſumptions, the Apoplexy, and Falling-ſickneſs. It is an excellent approved Remedy in the Lethargy. The Powder of the Herb or Root being ſnuffed up the Noſtrils, procureth Sneezing, and eaſeth the Headach, being made into an Oyntment with Hogs-greaſe, it takes away black and blew ſpots occaſioned by blows or falls, and helps both the Gout and Sciatica.

Brain purgeth, Agues, flegmatick Humors, Head, Teeth, Diſtillations of the Brain on the Lungs and Eyes, Coughs, Phtiſicks, Conſumptions, Apoplexy, Falling-ſickneſs, Lethargie, Sneeſing, Headach, black and blew Spots, Gout, Sciatica.

Pellitory of the Wall.

Deſcript. *It riſeth up with many browniſh, red, tender, weak, clear, and almoſt tranſparent ſtalks, about two foot high, upon which grow at the ſeveral joynts two Leaves ſomewhat broad and long, of a dark green colour, which afterwards turn browniſh, ſmooth on the edges, but rough and hairy as the ſtalks are alſo. At the joynts with the Leaves from the middle of the ſtalks upwards, where it ſpreadeth into ſome branches, ſtand many ſmall, pale, purpliſh Flowers in hairy rough Heads or Huſks: after which come ſmall, black and rough ſeed, which will ſtick to any Cloth or Garment that ſhall touch it. The Root is ſomewhat long, with many ſmall fibres thereat, of a dark reddiſh colour, which abideth the Winter, although the ſtalks and Leaves periſh and ſpring freſh every year.*

Place. It groweth wild generally through this Land, about the borders of Fields, and by the ſides of Walls, and among Rubbiſh. It will endure well being brought up into Gardens, and planted on the ſhady ſide, where it will ſpring of its own ſowing.

Time.

Time. It flowreth in *June* and *July*, and the ſeed is ripe ſoon after.

Government and Vertues. It is under the Dominion of *Mercury*. The dried Herb Pellitory made up into an Electuary with Honey, or the Juice of the Herb, or the Decoction thereof made up with Sugar or Honey, is a ſingular remedy for any old or dry Cough, the ſhortneſs of breath, and wheeſing in the Throat. Three ounces of the juice therof taken at a time, doth wonderfully help ſtopping of the Urin, and to expel the Stone or Gravel in the Kidneys or Bladder, and is therefore uſually put among other Herbs, uſed in Clyſters to mitigate pains in the Back, Sides, or Bowels proceeding of wind, ſtopping of Urin, the Gravel or ſtone as aforeſaid. If the bruiſed Herb ſprinkled with ſome Muskadel be warmed upon a tile, or in a diſh upon a few quick Coals in a Chafing-diſh, and applied to the Belly, it worketh the ſame effect. The Decoction of the Herb being drunk, eaſeth pains of the Mother, and bringeth down Womens Courſes; it alſo eaſeth thoſe Griefs that ariſe from Obſtructions of the Liver, Spleen, and Reins: The ſame Decoction with a little Honey added thereto, is good to gargle a ſore Throat. The juice held a while in the Mouth, eaſeth pains in the Teeth. The diſtilled Water of the Herb drunk with ſome Sugar, worketh the ſame effects, and cleanſeth the skin from ſpots, Freckles, Purples, Wheals, Sunburn, Morphew, &c. The juice dropped into the Ears, eaſeth the noiſe in them, and taketh away the pricking and ſhooting pains therein: The ſame, or the diſtilled Water, aſſwageth hot and ſwelling Impoſtumes, Burnings and ſcaldings by fire or water, as alſo all other hot Tumors and Inflamations, or breakings out of heat, being bathed often with wet Cloaths dipped therein. The ſaid juice made into a Liniment with Ceruſs and Oil of Roſes and anointed therewith, cleanſeth foul rotten Ulcers, and ſtayeth ſpreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads: and helpeth to ſtay falling of the Hair from off the Head. The ſaid Ointment or the Herb applied to the Fundament, openeth the Piles, and eaſeth their pains; and being mixed with Goats Tallow helpeth the Gout. The juice is very effectual to cleanſe Fiſtulaes, & to heal them up ſafely; or the Herb it ſelf bruiſed, & applied with a little Salt. It is likewiſe ſo effectual to heal any green wound, that if it be bruiſed and bound thereto for three daies, you ſhall need no other Medicine to heal it further. A Pultis made hereof with Mallows, and boiled in Wine with Wheat Bran, and Bean Flower, and ſome Oil put thereto, and applied warm to any bruiſed Sinew, Tendon, or Muſcle, doth in a very ſhort time reſtore them to their ſtrength, taking away the pains of the Bruiſes; and diſſolveth the congealed Blood coming of Blows or Fals from high places.

Old or dry Cough, ſhortneſs of breath, ſtone and Gravel, Mother, Womens Courſes, Obſtructions, Sore, Throat, Teeth, Freckles, Wheals, Sunburn, Morphew, pain in the Ears, Impoſtums, Burnings and Scaldings, Inflamations, ulcers, Scabs, Falling of the Hair, Piles, Gout, Fiſtulaes, Green wounds, Bruiſed Tendon or Muſcle.

The juice of Pellitory of the Wall clarified and boiled into a Syrup with

Honey, and a spoonful of it drunk every morning by such as are subject to the Dropsie; if continuing that course, though but once a week, if ever they have the Dropsie, let them come but to me, and I will cure them *gratis*.

Peny-royal.

PEny-royal is so well known unto all (I mean the common kind) that it needeth no Description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought into Gardens, and differeth not from it, but only in the largeness of the Leaves and stalks, in rising higher, and not creeping upon the ground so much. The Flowers whereof are purple, growing in Rundles about the stalk like the other.

Place. The first, which is common in Gardens, groweth also in many moist and watry places of this Land,

The second is found wild in *Essex* in divers places by the Highway from *London* to *Colchester*, and thereabouts more abundantly than in other Countries, and is also planted in their Gardens in *Essex*.

Time. They flower in the later end of Summer, about *August*.

Government and Vertues. The Herb is under *Venus*. *Dioscorides* saith, That Peny-royal maketh thin tough Flegm, warmeth the coldness of any part whereto it is applied, and digesteth raw or corrupt matter: Being boyled and drunk, it provoketh Womens Courses, and expelleth the dead Child and After-birth, and stayeth the disposition to Vomit, being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt it avoideth flegm out of the Lungs, and purgeth Melancholly by the stool. Drunk with Wine it helpeth such as are bitten or stung with Venemous Beasts: and applied to the Nostrils with Vinegar, reviveth those that are fainting and swooning. Being dried and burnt, it strengtheneth the Gums: It is helpfull to those that are troubled with the Gout, being applied of it self to the place until it wax red; and applied in a Plaister, it taketh away spots or marks in the Face: Applyed with Salt it profiteth those that are splenetick or Liver-grown. The Decoction doth help the Itch, if washed therewith: Being put into Baths for Women to sit therein, it helpeth the swelling and hardnesse of the Mother. The green Herb bruised and put into Vinegar cleanseth foul Ulcers, and taketh away the marks of bruises and blows about the Eyes, and all discolorings of the Face by fire, yea and the Leprosie, being drunk and outwardly applied: Boiled in Wine with Honey and Salt, it helpeth the Toothache. It helpeth the cold griefs of the Joynts, taking away the pains, and warming the cold parts, being fast bound to the place after a bathing, or sweating in an Hot-house. *Pliny* addeth,

Tough flegm, terms provokes, dead child and afterbirth, Vomiting, Melancholly, Venemous beasts, Fainting and Swooning, Gums, Gout, Marks in the face, toothache, Pains in the Joints, Headache, pains of the belly and breast, falling-sickness, stinking water, Cramps and Convulsions, Sore Mouth, Jaundice, Dropsie, pains of the head, and Eye-sight.

That

That Peny-royal and Mints together help fainting or ſwoonings, being put into Vinegar, and put to the Noſtrils to be ſmelled unto, or a little thereof put into the Mouth. It eaſeth the Head-ache, and the pains of the Breaſt and Belly, ſtayeth the gnawing of the ſtomach, and inward pains of the Bowels: Being drunk in Wine it provoketh Womens Courſes, and expelleth the dead Child and Afterbirth: Being given in Wine it helpeth the Falling ſickneſs: Put into unwholſom or ſtinking Water that men muſt drink (as at Sea, or where other cannot be had) it maketh them the leſs hurtful: It helpeth Cramps or Convulſions of the ſinews being applied with Honey, Salt, and Vinegar. It is very effectual for the Cough, being boiled in Milk and drunk, and for Ulcers and ſores in the Mouth. *Mathiolus* ſaith, The Decoction thereof being drunk, helpeth the Jaundice and Dropſie, and all pains of the Head and ſinews that come of a cold cauſe, and that it helpeth to cleer and quicken the Eye-ſight. Applied to the Noſtrils of thoſe that have the Falling-ſickneſs or the Lethargy, or put into the Mouth, it helpeth them much, being bruiſed and with Vinegar applied. And applied with Barly Meal, it helpeth burnings by fire, and put into the Ears eaſeth the pains of them.

Lethargy, burnings.

Peony, Maſc. & Fœmina.

Deſcription. MAle Peony *riſeth up with many browniſh Stalks, whereon grow many fair green, and ſometimes reddiſh Leaves, one ſet againſt another, upon a Stalk without any particular diviſion in the Leaf at all. The Flowers ſtand at the tops of the Stalks, conſiſting of five or ſix broad Leaves, of a fair purpliſh red color, with many yellow threds in the middle ſtanding about the Head, which after riſeth to be the ſeed Veſſels, divided into two, three, or four rough crooked Pods like Hords, which being full ripe, open and turn themſelves down one edge to another backward, ſhewing within them divers round, black, ſhining ſeeds, having alſo many red or crimſon grains, intermixed with the black, whereby it maketh a very pretty ſhew. The Roots are great, thick, and long, ſpreading and running down reaſonable deep in the ground.*

The ordinary Fœmale Peony hath many Stalks, and more Leaves on them than the Male; the Leaves not ſo large, but nicked diverſly on the edges, ſome with great and deep, others with ſmaller cuts and diviſions, of a dark or dead green color. The Flowers are of a ſtrong heady ſcent, moſt uſually ſmaller, and of a more purple color than the Male, with yellow thrums about the Head as the Male hath. The ſeed Veſſels are like Horns as in the Male, but ſmaller; the ſeed alſo is black, but leſſe ſhining. The Roots conſiſt of many thick and ſhort tuberous clogs, faſtned at the ends of long ſtrings, and all from the head of the Root which is thick and ſhort, and of the like ſcent with the Male

Place and Time. They grow in Gardens; and flower uſually about *May*.

Government and Vertues. It is an Herb of the *Sun*, and under the *Lyon*. Phyſicians ſay Male Peony Roots are beſt, but Dr. *Reaſon* told me, Male

Peony

Peony was best for Men, and Female Peony for Women, and he desires to be judged by his Brother Dr. *Experience*. The Roots are held to be of most Vertue; then the Seeds, next the Flowers, and last of all the Leaves. The Root of the Male Peony fresh gathered, hath been found by experience to cure the Falling sickness; but the surest way is (besides hanging it about the Neck, by which Children have been cured) to take the Root of the Male Peony washed clean & stamped somewhat small, and laid to infuse in Sack for 24. hours at the least, after strain it, and take it first and last, morning and evening a good draught for sundry daies together before and after a full Moon, and this will also cure older persons, if the disease be not grown too old and past cure, especially if there be a due and orderly preparation of the Body, with Posset-drink made of Betony, &c. The Root is also effectual for Women that are not sufficiently cleansed after Childbirth, and such as are troubled with the Mother; for which likewise the black seed beaten to Powder and given in Wine, is also available. The black seed also taken before bed-time, and in the morning, is very effectual for such as in their sleep are troubled with the Disease called *Ephialtes* or *Incubus*, but we do commonly call it the Night-Mare, a Disease which Melancholy persons are subject unto: It is also good against Melancholick Dreams. The Distilled Water, or syrup made of the Flowers, worketh the same effects that the Root and the Seed do, although more weakly. The Female is often used for the purposes aforesaid, by reason the Male is so scarce a Plant that it is possessed by few, and those great Lovers of Rarities in this kind.

Falling-sickness, Women not cleansed in Child-birth, Mother, Ephialtes, or the Night-Mare, Melancholick Dreams.

Pepper-wort, *or* Dittander.

Description. *Our common Pepper-wort sendeth forth somewhat long, and broad Leaves, of a light blewish green color, finely dented about the edges, and pointed at the ends, standing upon round hard stalks, three or four foot high, spreading many branches on all sides, and having many small white Flowers at the tops of them, after which follow small seed in small Heads: The Root is slender, running much under ground, and shooting up again in many places: and both Leaves and Roots, are very hot and sharp of taste like Pepper, for which cause it took the name.*

Place. It groweth naturally in many places of this Land, as at *Clare* in *Essex*; also near unto *Exceter* in *Devonshire*; upon *Rochester* Common in *Kent*; in *Lancashire*, and divers other places: but is usually kept in Gardens.

Time. It flowreth in the end of *June*, and in *July*.

Government and Vertues. Here's another Martial Herb for you, make much of it. *Pliny* and *Paulus Ægineta* say, That Pepper-wort is very effectual for the Sciatica, or any other Gout, or pain in the joynts, or any other inveterate grief: The Leaves hereof to be bruised and mixed with old Hogs grease

Sciatica, Gout, Joynts pained, Discolorings of

and applied to the place, and to continue thereon four hours in Men, and two hours in Women, the place being afterwards bathed with Wine and Oyl mixed together, and then wrapped with Wool or Skins after they have ſweat a little. It alſo amendeth the deformities or diſcolourings of the Skin, and helpeth to take away marks, ſcars, and ſcabs; or the foul marks of burning with fire or iron. The Juyce hereof is in ſome places uſed to be given in Ale to drink to Women with Child, to procure them a ſpeedy Delivery in Travel.

the skin marks and ſcars by burning, ſpeedy delivery.

Perwinkle.

Deſcript.] *The common ſort hereof hath many branches trailing, or running upon the ground, ſhooting out ſmall fibres at the joynts as it runneth, taking thereby hold in the ground, and rooteth in divers places: At the joynts of theſe Branches ſtand two ſmall dark, green, ſhining Leaves, ſomewhat like* Bay *leaves, but ſmaller, and with them come forth alſo the flowers (one at a joynt, ſtanding upon a tender Foot-ſtalk) being ſomewhat long and hollow, parted at the brims, ſometimes into four, ſometimes into five Leaves; the moſt ordinary ſort are of a pale blew colour, ſome are pure white, and ſome of a dark reddiſh purple colour. The Root is little bigger than a Ruſh, buſhing in the ground, and creeping with his branches far about, whereby it quickly poſſeſſeth a great compaſs, and is therefore moſt uſually planted under Hedges, where it may have room to run.*

Place. Thoſe with the pale blew, and thoſe with the white flowers, grow in Woods, and Orchards, by the Hedg-ſides, in divers places of this Land; but thoſe with the purple flowers, in Gardens onely.

Time. They flower in *March* and *April.*

Temperature and Vertues. *Venus* owns this Herb, and ſaith, That the Leaves eaten by Man and Wife together, cauſeth Love between them. The *Perwinkle* is a great binder, ſtaying bleeding both at Mouth and Noſe, if ſome of the Leaves be chewed: The French uſe it to ſtay Womens Courſes. *Dioſcorides*, *Galen*, and *Ægineta*, commend it againſt the Lask, and Fluxes of the Belly, to be drunk in Wine.

Stanch Bleeding, Womens Courſes, Flux of the Belly.

St. Peters-wort.

IF Superſtition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb (as well as St. *Johns-wort*) had found ſome other name to be known by: but we may ſay of our Fore-fathers, as St. *Paul* of the *Athenians*, I perceive that in many things you are too ſuperſtitious, Yet ſeing it is come to paſs, That Cuſtom having gotten poſſeſſion, pleads Preſcription for the name; I ſhall let it to paſs, and come to the Deſcription of the Herb, which take as followeth:

Deſcript.] *It riſeth up with ſquare upright ſtalks for the moſt part ſomewhat greater and higher than* St. Johns-wort *(and good reaſon too, St.* Peter *being the greater Apoſtle (ask the Pope elſe) for though God would have the*

Saints

Saints equal, the Pope is of another Opinion) but brown in the ſame manner, having two Leaves at every joynt, ſomewhat like, but larger than St. Johns-wort. *and a little rounder pointed, with few or no holes to be ſeen therein, and having ſometimes ſome ſmaller Leaves riſing from the boſom of the greater, and ſometimes a little hairy alſo: At the tops of the ſtalks ſtand many ſtar-like flowers, with yellow threds in the middle, very like thoſe of St.* Johns-wort, *inſomuch that this is hardly diſcerned from it, but onely by the largeneſs and height, the ſeed being alike alſo in both. The Root abideth long, ſending forth new ſhoots every year.*

Place. It groweth in many Groves and ſmall low Woods, in divers places of this Land, as in *Kent*, *Huntington*, *Cambridge*, and *Northampton-ſhires*, as alſo near Water-courſes in other places.

Time.] It flowreth in *June* and *July*, and the ſeed is ripe in *Auguſt*.

Government and Vertues.] There is not a ſtraw to chuſe between this and St. *Johns-wort*, onely St, *Peter* muſt have it leſt he ſhould want Pot-herbs. It is of the ſame property with St. *Johns-wort*, but ſomewhat weak, and therefore more ſeldom uſed. Two drams of the ſeed taken at a time in honeyed water, purgeth Cholerick Humors (as ſaith *Dioſcorides*, *Pliny*, and *Galen*, and thereby helpeth thoſe that are troubled with the Sciatica: The Leaves are uſed as St. *Johns-wort*, to help thoſe places of the Body that have been burnt with fire.

Cholerick Humors, Sciatica, Burnings,

Pimpernel.

Deſcript. *COmmon* Pimpernel *hath divers weak, ſquare ſtalks lying on the ground, beſet all along with two ſmall, and almoſt round Leaves at every joynt, one againſt another, very like* Chickweed, *but hath no Foot-ſtalks, for the Leaves as it were compaſs the ſtalk: The Flowers ſtand ſingly each by themſelves at them and the ſtalks, conſiſting of five round ſmall pointed Leaves of a fine pale red colour, tending to an Orange, with ſo many threds in the midle, in whoſe places ſucceed ſmooth round Heads, wherein is contained ſmall ſeed. The Root is ſmall and fibrous, periſhing every year.*

Place. It groweth every where almoſt, as well in the Meadows and Corn fields, as by the way ſides, and in Gardens ariſing of it ſelf.

Time.] It flowreth from *May* unto *Auguſt*, and the ſeed ripeneth in the mean time, and falleth.

Government and Vertues.] It is a gallant Solar Herb. This is of a cleanſing and attractive quality, whereby it draweth forth Thorns or Splinters, or other ſuch like things gotten into the fleſh, and put up into the Noſtrils, purgeth the Head; and *Galen* ſaith alſo they have a drying faculty, whereby they are good to ſoder the Lips of Wounds, and to cleanſe foul Ulcers. The diſtilled Water or Juyce is much eſteemed by French Dames to cleanſe the skin from any roughneſs, deformity, or diſcolouring thereof: Being boyled in Wine,

Thorns or ſplinters, purgeth the Head, Wounds and Ulcers, cleanſeth Face, Plague, and Peſtilential Feavers.

Wine, and given to drink, it is a good Remedy againſt the Plague, and other Peſtilential Feavers, if the Party, after taking it lie warm in his bed and ſweat for two hours after, and uſe the ſame twice at leaſt. It helpeth alſo all ſtingings and bitings of Venemous Beaſts or Mad Dogs, being uſed inwardly, and applied outwardly: The ſame alſo openeth the Obſtructions of the Liver, and is very available againſt the Infirmities of the Reins, it provoketh Urin, and helpeth to expel the Stone and Gravel out of the Kidneys and Bladder, and helpeth much in all inward Wounds and Ulcers. The Decoction or diſtilled Water is no leſs effectual to be applied to all Wounds that are freſh and green, or old filthy fretting and running Ulcers, which it very effectually cureth in ſhort ſpace. A little Honey mixed with the Juyce, and dropped into the Eyes, cleanſeth them from cloudy miſts, or thick films which grow over them and hinder the ſight. It helpeth the Toothach being dropped into the Ear on the contrary ſide of the pain. It is alſo effectual to eaſe the pains of the Hemorrhoids or Piles.

Venemous-Beaſts, Mad-Dogs biting, Obſtructions, Urin, Stone and Gravel, Wounds and ulcers, Clouds or Miſts in the Eyes, Toothach, Hemorrhoids.

Ground-pine, *or* Chamepitys.

Deſcript.] *Our common* Ground-Pine *groweth low, ſeldom riſing above an hand breadth high, ſhooting forth divers ſmall Branches; ſet with ſlender, ſmall, long, narrow, grayiſh or whitiſh Leaves ſomewhat hairy and divided into three parts, many times many buſhing together at a joynt, and ſometimes ſome growing ſcatteredly upon the ſtalks, ſmelling ſomewhat ſtrong, like unto Rozin; the Flowers are ſomewhat ſmall and of a pale yellow colour growing from the joynts of the ſtalks all along among the Leaves, after which come ſmall, and round Husks: The Root is ſmall and woody, periſhing every year.*

Place. It groweth more plentifully in *Kent* than in any other County of this Land, as namely in many places on this ſide *Dartford* along to *Southfleet*, *Cotham*, and *Rocheſter*, and upon *Chattam* Down, hard by the Beacon, and half a mile from *Rocheſter* in a field nigh a Houſe called *Selſey*.

Time. It flowreth and giveth Seed in the Summer Months.

Government and Vertues.] *Mars* owns the Herb. The Decoction of Ground-Pine drunk, doth wonderfully prevail againſt the ſtrangury, or any inward pains ariſing from the Diſeaſes of the Reins and Urin, and is eſpecial good for all Obſtructions of the Liver and Spleen, and gently openeth the Body, for which purpoſe they were wont in former times to make Pills with the Powder thereof, and the purple Figs. It marvelouſly helpeth all the Diſeaſes of the Mother uſed inwardly, or applied outwardly, procuring Womens Courſes, and expelling the dead Child and After-birth, yea, it is ſo powerful upon thoſe Feminine parts that it is utterly forbidden for Women with Child, in that it will cauſe

Strangury, Obſtructions, Mother, Womens Courſes, Dead Child and After-birth.

cauſe abortment or delivery before the time: It is as effectual alſo in all pains and Diſeaſes of the Joynts, as Gouts, Cramps, Palſeys, Sciatica, and Aches; either the Decoction of the Herb in Wine taken inwardly, or applied outwardly, or both for ſome time together, for which purpoſe the Pills made with Powder of Ground Pine, and of Hermodactils with Venice Turpentine are very effectual. Theſe Pils alſo are ſpecial good for thoſe that have the Dropſie, to be continued for ſome time. The ſame is a ſpecial good help for the Jaundice, and for griping pains of the Joynts, Belly, or inward parts: It helpeth alſo all Diſeaſes of the Brain proceeding of cold and Flegmatick Humors and Diſtillations, as alſo for the Falling-ſickneſs. It is an eſpecial Remedy for the poyſon of the Aconites of all ſorts, and other poyſonful Herbs, as alſo againſt the ſtinging of any Venemous Creatures: It is a good Remedy for a cold Cough, eſpecially in the beginning. For all the purpoſes aforeſaid, the Herb being tunned up in new drink and drunk, is almoſt as effectual, but far more acceptable to weak and dainty ſtomachs. The Diſtilled Water of the Herb hath the ſame effects, but more weakly. The Conſerve of the Flowers doth the like, which *Mathiolus* much commendeth againſt the Palſie. The green Herb, or the Decoction thereof being applied, diſſolveth the hardneſs of Womens Breaſts, and all other hard Swellings in any other part of the Body. The green Herb alſo applied, or the juyce thereof with ſome Honey, not onely cleanſeth putrid, ſtinking, foul and Malignant Ulcers and Sores of all ſorts, but healeth and ſodereth up the lips of green Wounds in any part alſo.

Gouts, Cramps, Palſeys, Sciatica, Aches, &c. Dropſie, Poyſon of the Aconites, Venemous Creatures, Cold, Cough, Palſie, Hard Breaſts, and hard Swellings, ulcers and old Sores, Green wounds.

Let Women forbear it if they be with Child, for it works violently upon the Feminine part.

Plantane.

THis groweth ſo familiarly in Meadows and Fields, and by Pathwayes, and is ſo well known that it needeth no Deſcription.

Time.] It is in its beauty about *June*, and the Seed ripeneth ſhortly after.

Government and Vertues.] Its true *Mizaldus* and others, yea almoſt all Aſtrologo-Phyſitians hold this to be an Herb of *Mars*, and they give a very ſimile of a truth for it too, *viz.* Becauſe it cures Diſeaſes of the Head and privities which are under the Houſes of *Mars*, *Aries* and *Scorpio*: All Diſeaſes of the Head coming of heat are cauſed by *Mars*, for *Venus* is made of no ſuch hot metal, or at leaſt deals in inferior parts. The truth is, it is under the command of *Venus*, and cures the Head by Antipathy to *Mars*, and the Privities by Sympathy to *Venus*; neither is there hardly a Martial Diſeaſe but it cures: If I were to fortifie my Body againſt a Martial Diſeaſe, I would do it by this Herb as ſoon as by any; and may do it (it may be) when time ſhall ſerve.

The

The Juyce of Plantane clarified and drunk for divers days together, either of himſelf or in other drink, prevaileth wonderfully againſt all torments or Excoriations in the Guts or Bowels, helpeth the Diſtillations of Rheum from the Head, and ſtayeth all manner of Fluxes, even Womens Courſes when they flow too abundantly: It is good to ſtay ſpitting of Blood, and other Bleedings at the Mouth or the making of foul or bloody water by reaſon of any Ulcer in the Reins or Bladder, and alſo ſtayeth the too free bleeding of Wounds. It is held an eſpecial remedy for thoſe that are troubled with the Ptiſick, or Conſumption of the Lungs, or Ulcers in the Lungs, or Coughs that come of heat. The Decoction or Powder of the Roots or Seed, is much more binding for all the purpoſes aforeſaid than the Leaves. *Dioſcorides* ſaith, That three Roots boiled in Wine and taken, helpeth the Tertian Ague, and four the Quartan Ague: But (letting paſs the numbers as fabulous) I conceive the Decoction of divers Roots may be effectual. The Herb (but eſpecially the ſeed) is held to be profitable againſt the Dropſie, the Falling-ſickneſs, the yellow Jaundice, and ſtoppings of the Liver and Reins. The Roots of Plantane and Pellitory of *Spain* beaten to Powder, and put into hollow Teeth, taketh away the pains of them: The clarified Juyce or diſtilled Water dropped into the Eyes cooleth the Inflamations in them, and taketh away the Pin and Web; and dropped into the Ears eaſeth pains in them, and helpeth and reſtoreth the Hearing: The ſame alſo with juyce of Houſleek is profitable againſt all Inflamations and breakings out of the Skin, and againſt Burnings and Scaldings by fire or Water. The Juyce or Decoction made either of it ſelf, or other things of like nature is of much uſe and good effect for old and hollow Ulcers that are hard to be cured, and for Cankers and Sores in the Mouth or privy parts of Man or Woman; and helpeth alſo the pains of the Piles in the Fundament. The Juyce mixed with Oyl of Roſes, and the Temples and Forehead anointed therewith, eaſeth the pains of the Head proceeding from heat, and helpeth Lunatick, and Phrenetick perſons very much; as alſo the biting of Serpents or a Mad Dog: The ſame alſo is profitably applied to all hot Gouts in the Feet or Hands, eſpecially in the beginning. It is alſo good to be applied where any Bone is out of joynt, to hinder Inflamations, Swellings, and Pains that preſently riſe thereupon. The Powder of the dried Leaves taken in drink, killeth worms of the Belly, and boiled in Wine killeth Worms that breed in old and foul Ulcers. One part of Plantane Water, and two parts of the

Pains in the Guts, Diſtillation of Rheum, Fluxes, and Womens Courſes, Spitting Blood, or bleeding at Mouth or Noſe, or of wounds, Ptiſick Conſumption or ulcers in the Lungs, Tertian Ague, Dropſie, and Falling-ſickneſs Toothach, Pin and Web in the Eyes, Pains in the Ears, Inflamations, Burning or Scalding, Hollow ulcers, Cankers and Sore Mouth, or Privy parts, Piles, Pains of the Head, Lunacy and Phrenſie, biting of Serpents, or Mad Dogs, Hot Gouts, Bones out of Joynt, worms in the Belly, or in ulcers, Scabs and Itch, Tetters, Ringworms, Shingles and fretting Sores, Wounds.

brine

brine of powder'd Beef boyled together and clarified, is a most sure Remedy to heal all spreading Scabs and Itch in the Head or Body, all manner of Tetters, Ringworms, the Shingles, and all other running and fretting Sores. Briefly, the Plantanes are singular good Wound Herbs to heal fresh or old Wounds or Sores either inward or outward.

Plums.

THese are so well known that they need no Description.

Government and Vertues.] All *Plums* are under *Venus*, and are like Women, some better, some worse. As there is great diversity of the kinds, so is there in the operation of Plums, for some that are sweet, moisten the stomach & make the Belly soluble; those that are sowr quench thirst more and bind the Belly; the moist and wateriſh do sooneſt corrupt in the stomach, but the firm do nouriſh more and offend lesse: The dried fruit sold by the Grocers under the name of *Damask Prunes*, do somewhat loosen the Belly, and being stewed, are often used both in health and sickness, to relish the Mouth and Stomach to procure Appetite, and a little to open the Body, allay Choler, and cool the stomach: *Plum tree* Leaves boiled in Wine, are good to wash and gargle the Mouth and Throat, to dry the Flux of Rheum coming to the Palate, Gums, or Almonds of the Ears. The Gum of the Trees is good to break the stone. The Gum or Leaves boyled in Vinegar and applied, kill Tetters and Ringworms. *Mathiolus* saith, The Oyl pressed out of the Kernels of the stones, as Oyl of Almonds is made, is good against the inflamed Piles, the Tumors or Swellings of Ulcers, Hoarsness of the Voice, roughness of the Tongue and Throat, and likewise the pains in the Ears. And that five ounces of the said Oyl taken with one ounce of Muscadel, driveth forth the stone, and helpeth the Cholick.

Open the Belly, Quench Thirst, and bind the Belly, procure Appetite, allay Choler, Cool the Stomach, Rheum, Stone, Tetters, and Ringworms, Piles, ulcers, Hoarsness, and pains in the Ears, Stone and Cholick.

Polipody of the Oak.

Descript. THis is a small Herb, consisting of nothing but Roots and Leaves: bearing neither Stalk, Flower, nor Seed, as it is thought. It hath three or four Leaves rising from the Root, every one singly by it self, of about a hand length, are winged, consisting of many small narrow Leaves, cut into the middle rib, standing on each side of the stalk, large below and smaller up to the top, not dented or notched on the edges at all, as the Male Fern hath; of a sad green colour, and smooth on the upper side, but on the under side somewhat rough, by reason of some yellowish spots set thereon. The Root is smaller than ones little finger lying aslope, or creeping along under the upper crust of the Earth, browniſh on the outside, and greeniſh within, of a sweetish harshness in taste, set with certain rough Knags on each side thereof, having also much Mossiness or yellow hairiness upon it, and some Fibres underneath it, whereby it is nouriſhed.

Time

Place. It groweth as well upon old rotten ſtumps, or trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud Walls, as alſo in Moſſie, Stony, and Gravelly places, neer unto Woods: That which grows upon Oaks is accounted the beſt, but the quantity thereof is ſcarce ſufficient for the common uſe.

Time. It being alwayes green, may be gathered for uſe at any time.

Government and Vertues. And why, I pray, muſt Polypodium of the Oak only be uſed? Gentle Colledge of Phyſicians, can you give me but a glimps of a Reaſon for it? Is it only becauſe it is deareſt? Will you never leave your covetouſneſs till your lives leave you? The truth is, that which grows upon the Earth is beſt ('tis an Herb of *Saturn*, and he ſeldom climbs Trees) to purge Melancholy; if the Humor be otherwiſe, chuſe your Polipodium accordingly. *Meſue* (who is called the Phyſicians Evangeliſt for the certainty of his Medicines, and the truth of his Opinions) ſaith, That it drieth up thin Humors, digeſteth thick and tough, and purgeth burnt Choler, and eſpecially tough and thick Flegm, and thin Flegm alſo, even from the joynts; and is therefore good for thoſe that are troubled with Melancholly, or quartan Agues, eſpecially if it be taken in Whey, or Honeyed water, or in Barley water, or the Broth of a Chicken with Epithimum, or with Beets and Mallows. It is alſo good for the hardneſs of the ſpleen, and for prickings or ſtitches in the ſides, as alſo for the Chollick; ſome uſe to put to it ſome Fennel ſeeds, or Annis ſeeds, or Ginger to correct that loathing it bringeth to the ſtomach, which is more than needeth, it being a ſafe and gentle Medicine, fit for all perſons at all ſeaſons, which daily experience confirmeth; and an ounce of it may be given at a time in a Decoction, if there be not Sena, or ſome other ſtrong purger put with it. A dram or two of the Powder of the dried Roots, taken faſting in a cup of Honeyed Water, worketh gently, and for the purpoſes aforeſaid. The diſtilled water both of Roots and Leaves is much commended for the quartan Ague, to be taken for many daies together; as alſo againſt Melancholy, or fearfull or troubleſom ſleeps or dreams; and with ſome Sugar candy diſſolved therein, is good againſt the Cough, ſhortneſſe of breath and wheeſings, and thoſe diſtillations of thin Rhewm upon the Lungs, which cauſe Phtiſicks, and oftentimes Conſumptions. The freſh Roots beaten ſmall, or the powder of the dried Roots mixed with Honey, and applied to the Member that is out of joynt, doth much help it. Applied alſo to the Noſe, cureth the diſeaſe called *Polipus*, which is a piece of Fleſh growing therein, which in time ſtoppeth the paſſage of breath through that Noſtril; and it helpeth thoſe clefts or chops that come between the Fingers or Toes.

Drieth Humors, purgeth burnt Choller, Flegm, Melancholy Quartan agues, ſpleen, Chollick, troubl ſom ſleep, cough ſhortneſs of breath, wheeſings, lungs, phtiſick, member out of joynt, Pollipus, or Diſeaſe in the Noſe, Chops in the fingers or toes.

For cure of all Diſeaſes, read my *Riverius, Riolanus, Johnſton, Veſlingius, Sennertus*; and *Phyſick for the Poor*.

The Poplar Tree.

Deſcription. *THere are two ſorts of* Poplars, *which are moſt familiar with us,* viz. *The* Black, *and the* White, *both which I ſhall here deſcribe unto you.*

The white Poplar *groweth great and reaſonable high, covered with a thick ſmooth white Bark, eſpecially the Branches, having large Leaves cut into ſeveral diviſions almoſt like a Vine Leaf, but not of ſo deep a green on the upper ſide, and hoary white underneath, of a reaſonable good ſcent, the whole form repreſenting the form of Colts-foot. The Catkins, which it bringeth forth before the Leaves, are long, and of a faint reddiſh color, which fall away, bearing ſeldom good ſeed with them. The wood hereof is ſmooth, ſoft, and white, very finely waved, whereby it is much eſteemed.*

The black Poplar *groweth higher and ſtraiter than the white, with a grayiſh Bark bearing broad and green Leaves ſomewhat like Ivy Leaves, not cut in on the edges like the white, but whole and dented, ending in a point, and not white underneath, hanging by ſlender long footſtalks, which with the Air are continually ſhaken like as the Aſpin Leaves are: The Catkins hereof are greater than of the white, compoſed of many round green Berries as it were ſet together in a long cluſter, containing much downy matter, which being ripe is blown away with the wind: The clammy Buds hereof before they ſpread into Leaves, are gathered to make the* Unguentum Populeon, *and are of a yellowiſh green color and ſmall, ſomewhat ſweet, but ſtrong. The wood is ſmooth, tough, and white, and eaſie to be cloven: on both theſe Trees groweth a ſweet kind of Muſk, which in former times was uſed to be put into ſweet Ointments.*

Place. They grow in moiſt Woods, and by Waterſides in ſundry places of this Land, yet the white is not ſo frequent as the other.

Time. Their time is likewiſe expreſſed before. The Catkins coming forth before the Leaves in the end of Summer.

Government and Vertues. *Saturn* hath Dominion over both. The white Poplar, ſaith *Galen*, is of a cleanſing property: the weight of one ounce in powder of the Bark thereof being drunk, ſaith *Dioſcorides* is a Remedy for thoſe that are troubled with the Sciatica, or the Strangury: The Juice of the Leaves dropped warm into the Ears, eaſeth the pains in them: The yong clammy Buds or Eyes before they break out into Leaves, bruiſed, and a little Honey put to them, is a good Medicine for a dull ſight. The Black Poplar is held to be more cooling than the White, and therefore the Leaves bruiſed with Vinegar and applied, help the Gout: The Seed drunk in Vinegar is held good againſt the Fallingſickneſs. The Water that droppeth from the hollow places of this Tree, taketh away Warts, Puſhes, Wheals, and other the like breakings out in the Body. The yong black Poplar Buds ſaith *Mathiolus*, are much uſed by Women to beautifie their hair, bruiſing them

Sciatica, Strangury, pain in the Ears, dull ſight, Gout, Falling-ſickneß, Warts, Puſhes and Wheals, Heat, and inflamations, drieth womens Milk.

them with freſh Butter, and ſtraining them after they have been kept for ſome time in the Sun: The Ointment called *Populeon*, which is much of this Poplar, is ſingular for all Heat and inflamation in any part of the Body, and tempereth the heat of Wounds: It is much uſed to dry up the Milk in Womens Breaſts, when they have weaned their Children.

To cure all Diſeaſes, read my *Riverius*, *Riolanus*, *Johnſton*, &c.

Poppy.

OF this I ſhall Deſcribe three kinds, viz. The White and Black, of the Garden, and the Erratick, Wild Poppy, or Corn-Roſe.

Deſcription. *The* White Poppy *hath at firſt four or five whitiſh green Leaves lying upon the ground, which riſe with the ſtalk, compaſſing it at the bottom of them, and are very large, much cut or torn in on the edges, and dented alſo beſides: The ſtalk which is uſually four or five foot high, hath ſometimes no branches at the top, and uſually but two or three at moſt, bearing every one but one head, wrapped in a thin skin, which boweth down before it be ready to blow, and then riſing and being broken, the flower within it ſpreadeth it ſelf open, and conſiſteth of four very large white round Leaves, with many whitiſh round thrids in the middle, ſet about a ſmall, round, green head, having a crown, or ſtar-like cover at the head thereof, which growing ripe, becometh as large as a great Apple, wherein are contained a great number of ſmall round ſeeds in ſeveral partitions or diviſions next unto the ſhell, the middle thereof remaining hollow and empty. All the whole Plant, both Leaves, ſtalks, and Heads, while they are freſh, young, and green, yield a Milk when they are b o-ken, of an unpleaſant bitter taſte, almoſt ready to provoke caſting, and of a ſtrong heavy ſmell, which being condenſate, is called* Opium. *The Root is white, and woody, periſhing as ſoon as it hath given ripe ſeed.*

The Black Poppy *little differeth from the former, until it beareth his flower, which is ſomewhat leſs, and of a black purpliſh color, but without any purple ſpots in the bottom of the leaf, The head of the ſeed is much leſſe than the former, and openeth it ſelf a little round about the top, under the crown, ſo that the Seed which is very black, will fall out if one turn the head thereof downwards.*

The Wild Poppy, *or Corn-Roſe, hath long and narrow Leaves, very much cut in on the edges into many diviſions, of a light green color, and ſometimes hairy withall: The ſtalk is blackiſh and hairy alſo, but not ſo tall as the garden kinds, having ſome ſuch like Leaves thereon as grow below, parted into three or four branches ſometimes, whereon grow ſmall hairy heads bowing down before the skin break, wherein the flower is encloſed, which when it is full blown open, is of a fair yellowiſh red, or crimſon color, and in ſome, much paler, without any ſpot in the bottom of the Leaves, having many black ſoft threds in the middle, compaſſing a ſmall green head, which when it is ripe, is not bigger than ones little finger end, wherein is contained much black ſeed, ſmaller by half than that of the Garden. The Root periſheth every year, and ſpringeth again of its own ſowing. Of this kind, there is one leſſer in all the parts thereof, and differeth in nothing elſe.*

Place. The Garden kinds do not naturally grow wild in any place, but are all ſowen in Gardens where they grow.

The *wild Poppy*, or Corn Roſe, is plentiful enough, and many times too much in the Corn-fields of all Countries through this Land, and alſo upon Ditch-banks, and by Hedgeſides. The ſmaller wild kind is alſo found in Cornfields, and alſo in ſome other places, but not ſo plentifully as the former.

Time. The Garden kinds are uſually ſown in the Spring, which then flower about the end of *May*, and ſomewhat earlier, if they ſpring of their own ſowing.

The Wild kinds Flower uſually from *May* untill *July*, and the Seed of them is ripe ſoon after the flowring.

Government and Vertues. The Herb is *Lunar*, and of the Juice of it is made *Opium*; only for lucre of money they cheat you, and tell you 'tis a kind of *Tear*, or ſome ſuch like thing that drops frem *Poppies* when they weep, and that is ſomewhere beyond the Seas, I know not where beyond the *Moon*. The Garden Poppy heads, with ſeeds made into a Syrup, is frequently, and to good effect uſed to procure reſt and ſleep in the ſick and weak, and to ſtay Catarrhs and Defluxions of hot thin Rhewms from the Head into the Stomach, and upon the Lungs, cauſing a continual Cough, the Fore-runner of a Conſumption: It helpeth alſo Hoarſneſs of the throat, and when one hath loſt their voice, which the Oil of the Seed doth likewiſe. The black ſeed boyled in Wine and drunk, is ſaid alſo to ſtay the Flux of the belly, and Womens Courſes. The empty ſhels of the Poppy heads are uſually boiled in water, & given to procure reſt and ſleep; ſo do the Leaves in the ſame manner, as alſo if the Head and Temple be bathed with the Decoction warm, or with the Oil of Poppies, the green Leaves or Heads bruiſed and applied with a little Vinegar, or made into a Pultiſs with Barly meal, or Hogs greaſe, it cooleth and tempereth all inflamations, as alſo the Diſeaſe called *S. Anthonies* fire. It is generally uſed in Treacle and Mithridate, and in all other Medicines that are made to procure reſt and ſleep, and to eaſe pains in the Head as well as in other parts: It is alſo uſed to cool Inflamations, Agues, or Phrenſies, and to ſtay defluxions which cauſe a Cough or Conſumption, and alſo other Fluxes of the Belly, or Womens Courſes: It is alſo put into hollow teeth to eaſe the pain, and hath been found by experience to eaſe the pain of the Gout.

Procure Sleep, Catarrhs, and defluxions of Rhewm ſtayeth, Hoarſneſs, Flux of the belly & Womens Courſes, Inflamations, & St. Anth. fire, pains in the Head, Phrenſies, Tooth ach.

The *wild Poppy*, or Corn-roſe (as *Mathiolus* ſaith) is good to prevent the Falling-ſickneſs. The Syrup made with the flowers is with good effect given to thoſe that have the Pleuriſie: & the dried Flowers alſo, either boiled in Water, or made into Powder and drunk, either in the Diſtilled water of them, or in ſome other Drink, worketh the like effect. The diſtilled Water of the flowers, is held to be of much good uſe againſt Surfets, being drunk evening

Falling-ſickneſs, Pleuriſie, Surfets, Agues, and

evening and morning: It is also more cooling than any of the other Poppies, and therefore cannot but be as effectual in hot Agues, Phrensies, and other Inflamations either inward or outward, the syrup or water to be used therein, or the green Leaves used outwardly, either in an Ointment, as it is in *Populeon*, a cooling Ointment, or any other wayes applied. *Galen* saith, The seed is dangerous to be used inwardly.

Inflamations.

Purslane.

GArden Purslane (being used as a Sallet Herb) is so well known that it needeth no Description; I shall therefore only speak of its Vertues as followeth:

Government and Vertues. 'Tis an Herb of the *Moon*. It is good to cool any heat in the Liver, Blood, Reins, and stomach, and in hot Agues, nothing better: It stayeth hot and Cholerick Fluxes of the Belly, Womens Courses, the Whites, and Gonorrhea, or running of the Reins, the Distillations from the Head, and pains therein proceeding of Heat, want of sleep, or the Phrensie. The Seed is more effectual than the Herb, and is of singular good use to cool the heat and sharpness of the Urine, and the outragious Lust of the Body, Venereous Dreams, and the like, insomuch that the over frequent use hereof, extinguisheth the Heat and Vertue of Natural Procreation. The seed bruised and boiled in Wine, and given to Children, expelleth the Worms. The Juice of the herb is held as effectual to all the purposes aforesaid, as also to stay Vomitings; and taken with some sugar or honey, helpeth an old and dry Cough, shortness of Breath, and the Phtisick, and stayeth immoderate thirst. The distilled Water of the Herb is used by many (as the more pleasing) with a little sugar, to work the same effects. The Juyce also is singular good in the Inflamations and Ulcers of the secret Parts in Man or woman, as also of the Bowels and Hemorrhoids, when they are Ulcerous, or Excoriations in them: The Herb bruised and applied to the Forehead and Temples, allayeth excessive heat therein, hindring rest and sleep; and applied to the Eyes, taketh away the Redness and inflamation in them, and those other parts where Pushes, Wheals, Pimples, St. *Anthonies* fire, and the like, break forth, especially if a little Vinegar be put to it: And being laid to the Neck with as much of Galls and Linseed together, taketh away the pains therein and the Crick in the Neck. The juyce is used with Oil of Roses for the said Causes, or for Blastings by Lightning, and Burnings by Gunpowder, or for Womens sore Breasts, and to allay the heat in all other sores or hurts: Applied also to the Na-

Cooleth heat of blood in hot Agues, cholleric Fluxes, Womens Courses, the Whites & Gonorrhea, distillations, phrensie, Heat of Urine, Lust, and venereous Dreams, Vomiting, old, dry Cough, short breath, & phtisick, ulcers in the secret parts, Redness of the Eyes, and inflamations, Crick or pain in the Neck, blastings by Lightning, burning by gunpowder, sore Breasts, Chilblains, Navels, sore mouthes, & swollen Gums, fastneth teeth, toothach, bloody

Urine, Gout, Cramp, & stiffness of the sinews.

vels of Children that stick forth, it helpeth them: It is also good for sore mouths, and Gums that are swollen, to fasten loose teeth. *Camerarius* saith, that the distilled Water used by some, took away the pain of their Teeth when all other Remedies failed, and that the thickned Juyce made in Pills with the Powder of Gum Tragacanth, and Arabick, being taken prevaileth much to help those that make a bloody water. Applied to the Gout it easeth pains thereof, and helpeth the hardness of Sinews, if it come not of the Cramp, or a cold cause.

Primroses.

THese are so well known, that they need no Description. Of the Leaves of Primroses is made as fine a Salve to heal green Wounds as any is that I know: You shall be taught to make Salves of any Herb at the later end of the Book, make this as you are taught there, and do not (you that have any ingenuity in you) see your poor Neighbors go with wounded limbs, when a half-peny cost will heal them.

Privet.

Description. *OUR common* Privet *is carryed up with many slender Branches, to a reasonable height and breadth, to cover Arbors, Bowers, and Banquetting Houses, and brought, wrought, and cut into many Forms, of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of it self: It beareth long and narrow green Leaves by couples, and sweet smelling white flowers in tufts at the ends of the branches, which turn into small black Berries that have a purplish juyce within them, and some seeds that are flat on the one side, with a hole or dent therein.*

Place. It groweth in this Land in divers Woods.

Time. Our *Privet* Flowreth in *June* and *July*; the Berries are ripe in *August* and *September*.

Government and Vertues. The *Moon* is Lady of this. It is little used in Physick with us in these times, more than in Lotions to wash Sores, and sore Mouths, and to cool Inflamations and dry up Fluxes. Yet *Mathiolus* saith, It serveth to all the uses for the which *Cipres* or the East *Privet* is appointed by *Dioscorides* and *Galen*. He further saith, That the Oil that is made of the flowers of *Privet* infused therein, and set in the Sun, is singular good for the inflamations of Wounds, and for the Headake coming of an hot cause. There is a sweet Water also distilled from the Flowers that is good for all those Diseases that need cooling and drying, and therfore helpeth all Fluxes of the Belly or stomach. Bloody Fluxes, and Womens Courses being either drunk or applied, as also for those that void Blood at their Mouth, or at any other place; and for Distillations of Rhewm in the Eyes, especially if it be used with *Tutie*.

Lotions to wash sore Mouths, throats, Cool Inflamations, Dry fluxes, Inflamation in Wounds, Headach, Fluxes & womens courses, Voiding blood, Rhewm in the Eyes.

QUEEN

Queen of the Meadows, Meadow-ſweet, *Or*, Mead-ſweet.

Deſcript.] *The ſtalks of this are reddiſh, riſing to be three foot high, ſometimes four or five foot, having at the joynts thereof large winged Leaves, ſtanding one above another at diſtances, conſiſting of many and ſomewhat broad Leaves, ſet on each ſide of a middle rib, being hard, rough, or rugged, crumpled much like unto Elm Leaves, having alſo ſome ſmaller Leaves with them (as* Agrimony *hath) ſomewhat deeply dented about the edges, of a ſad green colour on the upper ſide, and grayiſh underneath, of a pretty ſharp ſcent and taſt, ſomewhat like unto* Burnet, *and a Leaf hereof put into a cup of Claret Wine, giveth alſo a fine reliſh to it: At the tops of the ſtalks and Branches ſtand many tufts of ſmall white Flowers, thruſt thick together, which ſmell much ſweeter than the Leaves: and in their places being fallen, come crooked and cornered ſeed: The Root is ſomewhat woody, and blackiſh on the out-ſide, and browniſh within, with divers greater ſtrings, and leſſer fibres ſet thereat, of a ſtrong ſcent, but nothing ſo pleaſant as the Flowres and Leaves, and periſheth not, but abideth many years, ſhooting forth anew every ſpring.*

Place. It groweth in moiſt Meadows, that lie much wet, or neer the Courſes of Water.

Time. It flowreth in ſome place or other all the three Summer Months, that is, *June*, *July*, and *Auguſt*, and their ſeed is ripe quickly after.

Government and Vertues.] *Venus* claims dominion over the Herb. It is uſed to ſtay all manner of Bleedings, Fluxes, Vomitings, and Womens Courſes, as alſo their whites: It is ſaid to alter and take away the fits of quartan Agues, and to make a merry Heart, for which purpoſe ſome uſe the Flowers, and ſome the Leaves. It helpeth ſpeedily thoſe that are troubled with the Cholick, being boyled in Wine; and with a little Honey taken warm, it openeth the Belly: but boyled in red Wine and drunk, it ſtayeth the flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cankrous or eaten, or hollow and fiſtulous, for which it is by many much commended, as alſo for the ſores in the mouth, or ſecret Parts. The Leaves, when they are full grown, being laid upon the skin, will in a ſhort time raiſe Bliſters thereon, as *Tragus* ſaith. The Water thereof helpeth the Heat and Inflamation in the Eyes.

Bleedings, Fluxes, Vomitings, Womens Courſes and the Whites, Quartan Ague, Cholick, Opens the Belly, Old Ulcers, healeth ſore mouths or ſecrets, raiſe Bliſters, Inflamation in the Eyes.

The Quince-Tree.

Deſcript.] *The ordinary* Quince-tree *groweth often to the height and bigneſs of a reaſonable* Apple-tree, *but more uſually lower and crooked, with a rough Bark, ſpreading Arms and Branches far abroad. The Leaves are ſomewhat like thoſe of the* Apple-tree, *but thicker, broader, and fuller of Veins, and whiter on the under ſide, not dented at all about the*

edges. The Flowers are large and white, ſometimes daſh'd over with a bluſh. The fruit that followeth is yellow, being neer ripe, and covered with a white Freez or Cotton. thick ſet on the younger, and growing leſs as they grow to be through ripe, bunched out often times in ſome places, ſome being like an Apple, and ſome a Pear, of a ſtrong heady ſcent, and not durable to keep, and is ſour, harſh, and of an unpleaſant taſt, to eat freſh; but being ſcalded, roaſted, baked, or preſerved, becometh more pleaſant.

Place and Time. It beſt likes to grow neer Ponds and water-ſides, and is frequent through this Land; and flowreth not until the Leaves be come forth. The Fruit is ripe in *September* or *October*.

Government and Vertues. Old *Saturn* owns the Tree. Quinces when they are green, helps all ſorts of Fluxes in Man or Woman, and Cholerick Lasks, Caſtings, and whatſoever needeth aſtriction more than any way prepared by fire: yet the Syrup of the Juyce, or the Conſerve, are much conducible, much of the binding quality being conſumed by the fire: If a little Vinegar be added, it ſtirreth up the languiſhing appetite, and the ſtomach given to caſting: Some Spices being added, it comforteth and ſtrengtheneth the decayed and fainting ſpirits, and helpeth the Liver oppreſſed, that it cannot perfect the digeſtion; and correcteth Choler and Flegm: If you would have them Purging, put Honey to them inſtead of Sugar; and if more Laxative, for Choler, Rhubarb; for Flegm, Turbith, for watry Humors, Scammony: but if more forcibly to bind, uſe the unripe Quinces with Roſes, and Acacia, or Hypociſtis, and ſome torrefied Rhubarb. To take the crude Juyce of Quinces, is held a preſervative againſt the force of deadly poyſon; for it hath been found moſt certain true, That the very ſmell of a Quince hath taken away all the ſtrength of the poyſon of white *Hellebore*. If there be need of any outward binding and cooling of any hot Fluxes, the Oyl of Quinces, or other Medicines that may be made thereof, are very available to anoint the Belly, or other parts therewith: It likewiſe ſtrengtheneth the Stomach and Belly, and the ſinews that are looſned by ſharp Humors falling on them, and reſtraineth immoderate ſweatings. The Muſcilage taken from the ſeeds of Quinces and boiled in a little Water, is very good to cool the heat, and heal the ſore Breaſts of Women. The ſame with a little Sugar is good to lenifie the harſhneſs and hoarſneſs of the Throat, and roughneſs of the Tongue. The Cotton or Down of Quinces boyled and applied to Plague-ſores, healeth them up; and laid as a Plaiſter made up with Wax, it bringeth Hair to them that are bald, and keepeth it from falling if it be ready to ſhed.

Fluxes, Lasks, &c. *Provoketh Appetite,* *ſtayeth Vomiting,* *Fainting ſpirits,* *Choler,* *Flegm,* *Poyſon,* *Womens Breaſts,* *Plague-ſores,* *Preſerveth Hair.*

Rhadiſh, *and* Horſ-Rhadiſh.

THe Garden Rhadiſh is ſo well known, that it needeth no Deſcription.

Deſcript. *The* Horſ-Rhadiſh *hath his firſt Leaves that riſe before flowers, about a foot and a half long, very much cut in or torn on the edges into*

many

many parts of a dark green colour, with a great Rib in the middle, after theſe have been up a while, others follow which are greater, rougher, broader, and longer, whole, and not divided as the firſt, but onely ſomewhat roundly dented about the edges: The ſtalk when it beareth Flowers (which is but ſeldom) is great, riſing up with ſome few leſſer Leaves thereon to three or four foot high ſpreading at the top many ſmall branches of whitiſh Flowers, made of four Leaves apiece; after which come ſmall pods like thoſe of Shepheards-purſe, *but ſeldom with any ſeed in them. The Root is great, long, white, and rugged, ſhooting up divers Heads of Leaves, which may be parted for increaſe, but it doth not creep within ground, nor run above ground, and is of a ſtrong, ſharp, and bitter taſt, almoſt like Muſtard.*

Place.] It is found wild in ſome places of this Land, but is chiefly planted in Gardens where it joyeth in moiſt and ſhadowy places.

Time.] It flowreth but ſeldom, but when it doth, it is in *July.*

Government and Vertues.] They are both under *Mars.* The Juyce of Horſ-Rhadiſh given to drink, is held to be very effectual for the Scurvy. It killeth the Worms in Children being drunk, and alſo laid upon the Belly. The Root bruiſed and laid to the place grieved with the Sciatica, Joynt-ach, or the hard ſwellings of the Liver and Spleen, doth wonderfully help them all. The diſtilled water of the Herb and Roots, is more familiar to be taken with a little ſugar for all the purpoſes afore ſaid.

Scurvy, *Worms,* *Sciatica,* *Liver and Spleen.*

Garden Rhadiſhes are in wantonneſs by the Gentry eaten as Sallet, but they breed but ſcurvy humors in the ſtomach, and corrupt the Blood, and then ſend for a Phyſitian as faſt as you can, this is one cauſe, makes the Owners of ſuch nice Palates ſo unhealthful, yet for ſuch as are troubled with the Gravel, Stone, or Stoppage of Urin, they are good Phyſick if the Body be ſtrong that takes them: You may make the Juyce of the Roots into a Syrup if you pleaſe for that uſe: They purge by Urin exceedingly.

Stone, *Diſury.*

Ragwort.

IT is called alſo St. *James-wort*, *Stagger-wort*, and *Stammer wort*, and *Seggrum.*

Deſcript. *The greater common* Ragwort *hath many large, and long dark green Leaves lying on the ground, very much rent and torn on the ſides into many pieces; from among which riſe up ſom times but one, and ſometimes two or three ſquare or creſted blackiſh or browniſh Stalks three or four foot high, ſometimes branched, bearing divers ſuch like Leaves upon them at ſeveral diſtances unto the tops, where it brancheth forth into many ſtalks bearing yellow Flowers, conſiſting of divers Leaves ſet as a Pale or border, with a dark yellow thrum in the middle, which do abide a great while, but at laſt are turned into Down, and with the ſmall blackiſh gray ſeed are carried away with the wind. The Root is made of many Fibres, whereby it is firmly faſtned into the ground, and abideth many years.*

There is another ſort hereof different from the former onely in this, That

it

it riſeth not ſo high; the Leaves are not ſo finely jagged, nor of ſo dark a green colour, but rather ſomewhat whitiſh, ſoft, and woolly, and the Flowers uſually paler.

Place.] They grow both of them wild in Paſtures, and untilled grounds, in many places, and often times both in one Field.

Time. They flower in *June* and *July*, and the ſeed is ripe in *Auguſt*.

Government and Vertues.] Ragwort is under the command of Dame *Venus*, and cleanſeth, digeſteth, and diſcuſſeth. The Decoction of the Herb to waſh the Mouth or Throat that hath Ulcers or Sores therein; and for Swellings, hardneſs, or Impoſtumations, for it throughly cleanſeth and healeth them; as alſo the Quinſie, and the Kings Evil: It helpeth to ſtay Catarrhs, thin Rheums, and Defluxions from the Head into the Eyes, Noſe, or Lungs. The Juyce is found by experience to be ſingular good to heal green Wounds, and to cleanſe and heal all old and filthy Ulcers in the Privities, and in other parts of the Body; as alſo inward Wounds and Ulcers, ſtayeth the malignity of fretting or running Cankers, and hollow Fiſtulaes, not ſuffering them to ſpread further. It is alſo much commended to help Aches and pains, either in the fleſhy parts, or in the Nerves and Sinews; as alſo the Sciatica, or pain of the Hips or Huckle-bone, to bath the places with the Decoction of the Herb, or to annoint them with an Oyntment made of the Herb bruiſed and boyled in old Hogs ſuet, with ſome Maſtich and Olibanum in Powder added unto it after it is ſtrained forth.

Sore Mouth or Throat, Swellings and impoſtumes, quinſie and Kings-Evil, Catarrhs, and defluxions, Green wounds, and ulcers in the privy parts, Running Cankers, and hollow Fiſtulaes, Aches & pains, Sciatica.

In *Suſſex* we call it *Ragweed*.

Rattle-graſs.

OF this there are two kinds which I ſhall ſpeak of, *viz.* The Red, and Yellow.

Deſcript. *The common* Red Rattle, *hath ſundry reddiſh hollow ſtalks, and ſometimes green, riſing from the Root, lying for the moſt part on the ground, ſome growing more upright, with many ſmall reddiſh or greeniſh Leaves ſet on both ſides of a middle Rib finely dented about the edges: The Flowers ſtand at the tops of the Stalks and Branches, of a fine purpliſh red colour, like ſmall gaping hoods; after which come flat blackiſh ſeed in ſmall Husks, which lying looſe therein, will rattle with ſhaking. The Root conſiſts of two or three ſmall whitiſh ſtrings with ſome fibres thereat.*

The common Yellow Rattle *hath ſeldom above one round green Stalk, riſing from the Root, about half a yard or two foot high, and but few Branches thereon, having two long, and ſomewhat broad Leaves ſet at a Joynt, deeply cut in on the edges, reſembling the Comb of a Cock, broadeſt next to the Stalk, and ſmaller to the end: The Flowers grow at the tops of the Stalks with ſome ſhorter Leaves with them, hooded after the ſame manner that the others are, but of a fair yellow colour in moſt, or in ſome paler, and*

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in ſome more white. The ſeed is contained in large Huſks, and being ripe will rattle, or make a noiſe with lying looſe in them. The Root is ſmall and ſlender, periſhing every year.

Place.] They grow in our Meadows, and Woods, generally through this Land.

Time.] They are in Flower from *Mid-ſummer* until *Auguſt* be paſt ſometimes.

Government and Vertues. They are both of them under the Dominion of the *Moon.* The Red *Rattle* is accounted profitable to heal up Fiſtulaes, and hollow Ulcers, and to ſtay the flux of Humors to them, as alſo the abundance of Womens Courſes, or any other Flux of Blood, being boyled in red Wine and drunk. *Fiſtulaes, and hollow ulcers, Womens Courſes, Fluxes.*

The Yellow *Rattle*, or Cocks Comb, is held to be good for thoſe that are troubled with a Cough, or dimneſs of ſight, if the Herb being boyled with beans, and ſome Honey put thereto, be drunk, or dropped into the Eyes. The whole Seed being put into the Eyes, draweth forth any skin, dimneſs, or film from the ſight without trouble or pain. *Cough, Dimſight.*

Reſt-Harrow, *or* Cammoak.

Deſcript. *Common* Reſt-harrow *riſeth up with divers rough woody twigs, half a yard, or a yard high, ſet at the joynts without order, with a little roundiſh Leaves ſometimes more than two or three at a place, of a dark green colour, without thorns while they are young, but afterwards armed in ſundry places with ſhort and ſharp Thorns. The Flowers come forth at the tops of the twigs and branches, whereof it is full, faſhioned like Peaſe, or Bloom Bloſſoms, but leſſer, flatter, and ſomewhat cloſe, of a faint purpliſh colour: after which come ſmall Pods, containing ſmall, flat, and round ſeed: The Root is blackiſh on the outſide, and whitiſh within, very rough and hard to break, when it is freſh and green, and as hard as an Horn when it is dried, thruſting down deep into the ground, and ſpreading likewiſe, every piece being apt to grow again if it be left in the ground.*

Place.] It groweth in many places of this Land, as well in the Arable as waſt ground.

Time.] It flowreth about the beginning or middle of *July*, and the ſeed is ripe in *Auguſt.*

Government and Vertues. It is under the Dominion of *Mars.* It is ſingular good to provoke Urin when it is ſtopped, and to break and drive forth the ſtone, which the Powder of the Bark of the Root taken in Wine performeth effectually. *Mathiolus* ſaith, The ſame helpeth the Diſeaſe called *Hiernia Carnoſa*, the fleſhy Rupture, by taking the ſaid Powder for ſome months together conſtantly, and that it hath cured ſome which ſeemed incurable by any other means than by cutting or burning. The Decoction thereof made with ſome Vinegar and gargled in the Mouth, eaſeth *Urin ſtopped, Stone, Fleſhy Rupture, Toothach, Liver and*

Spleen obſtructed, ulcers.

eaſeth the Toothach, eſpecially when it comes of Rheum; and the ſaid Decoction is very powerful to open obſtructions of the Liver and ſpleen, and other parts. A diſtilled Water made in *Balneo Mariæ* with four pound of the Root hereof firſt ſliced ſmall, and afterwards ſteeped in a gallon of Canary Wine, is ſingular good for all the purpoſes aforeſaid, and to cleanſe the paſſages of the Urin, The Powder of the ſaid Root made into an Electuary or Lozenges with Sugar: as alſo the Bark of the freſh Roots boyled tender, and afterwards beaten into a Conſerve with Sugar, worketh the like effect. The Powder of the Roots ſtrewed upon the brims of Ulcers, or mixed with any other convenient thing and applied, conſumeth the hardneſs, and cauſeth them to heal the better.

Rocket.

IN regard the Garden Rocket is rather uſed as a Sallet Herb than to any Phyſical purpoſes, I ſhall omit it, and onely ſpeak of the common wild Rocket: The Deſcription whereof, take as followeth;

Deſcript.] *The common wild Rocket, hath longer and narrower Leaves, much more divided into ſlender cuts and jags on both ſides of the middle Rib than the Garden kinds have, of a ſad overworn green colour, from among which riſeth up divers ſtalks two or three foot high, ſometimes ſet with the like Leaves, but ſmaller and ſmaller upwards, branched from the middle into divers ſtiff ſtalks, bearing ſundry yellow flowers on them made of four Leaves apiece, as the others are, which afterwards yield them ſmall reddiſh ſeed, in ſmall long Pods, of a more bitter and hot biting taſt than the Garden kinds, as Leaves are alſo.*

Place.] It is found wild in divers places of this Land.

Time. It flowreth about *June* and *July*, and the Seed is ripe in *Auguſt*.

Government and Vertues. The wild Rockets are forbidden to be uſed alone in regard their ſharpneſs fumeth into the Head, cauſing ach and pain therein: and are no leſs hurtful to hot and cholerick perſons, for fear of inflaming their blood, and therefore for ſuch we may ſay, a little doth but a little harm, for angry *Mars* rules them, and he ſometimes will be teſty when he meets with Fools. The wild Rocket is more ſtrong and effectual to increaſe Sperm and venereous qualities, whereunto alſo the ſeed is more effectual than the Garden kinds: It ſerveth alſo to help digeſtion, and provoketh Urin exceedingly. The ſeed is uſed to cure the bitings of Serpents, the Scorpion, and the Shrew-Mouſe, and other poyſons, and expelleth Worms, and other noiſom Creatures that breed in the Body. The Herb boyled or ſtewed, and ſome ſugar put thereto, helpeth the Cough in Children, being taken often. The ſeed alſo taken in drink taketh away the ill ſcent of the Arm-pits, encreaſeth Milk in Nurſes, and waſteth the ſpleen. The ſeed mixed with Ho-

Increaſe ſperm and venery, helps digeſtion, provokes urin, Biting of Serpents, &c. Cough in children, encreaſeth Milk, cleanſeth the face, ſcars,

ney,

ney, and uſed on the Face, cleanſeth the Skin from Spots, Morphew, and other diſcolourings therein; and uſed with Vinegar, taketh away Freckles and redneſs in the Face or other parts, and with the gall of an Ox, it amendeth foul Scars, black and blew ſpots, and the marks of the ſmall Pox. *Marks of ſmall Pox.*

Winter Rocket, *or* Creſſes.

Deſcript. WInter Rocket, *or* Winter Creſſes, *have divers ſomewhat large, ſad green Leaves, lying upon the ground, torn or cut into divers parts, ſomewhat like unto Rocket or Turnip leaves, with ſmaller pieces next the bottom, and broad at the ends, which ſo abide all Winter (if it ſpring up in Autumn, when it is uſed to be eaten) from among which riſeth up divers ſmall round ſtalks full of branches, bearing many ſmall yellow flowers of four Leaves apiece, after which come ſmall pods with reddiſh Seed in them. The Root is ſomewhat ſtringie, and periſheth every year after the Seed is ripe.*

Place.] It groweth of its own accord in Gardens, and Fields by the way ſides in divers places, and particularly in the next Paſture to the Conduit-head behind *Grayes-Inn* that brings Water to Mr. *Lambs* Conduit in *Holborn.*

Time.] It flowreth in *May*, and ſeedeth in *June*, and then periſheth.

Government and Vertues.] This is profitable to provoke Urin, and helpeth the Strangury, and to expel Gravel and the Stone. It is alſo of good effect in the Scurvy. It is found by Experience to be a ſingular good Wound-herb, to cleanſe inward wounds: the Juyce or Decoction being drunk, or outwardly applied to waſh foul Ulcers and Sores, cleanſing them by ſharpneſs, and hindering or abating the dead fleſh from growing therin, and healing them by the drying quality. *Strangury, Gravel and Stone, Scurvy, Wounds, Ulcers and Sores.*

Roſes.

I Hold it altogether needleſs to trouble the Reader with a Deſcription of any of theſe, ſith both the Garden *Roſes*, and the Wild *Roſes* of the Bryars are well enough known; take therefore the Vertues of them as followeth: And firſt I ſhall begin with the Garden kinds.

Government and Vertues.] What a Quarter have Authors made with Roſes? What a Racket have they kept? I ſhall add, red Roſes are under *Jupiter*, Damask under *Venus*, and white under the *Moon*, and *Provence* under the King of *France.* The white and the red Roſes are cooling and drying, and yet the white is taken to exceed the red in both the properties, but is ſeldome uſed inwardly in any Medicine. The bitterneſs in the Roſes when they are freſh, eſpecially the Juyce, purgeth Choler, and watry Humors: but being dried, and that heat which cauſed the bitterneſs being conſumed, they have then a binding and aſtringent quality: Thoſe alſo that are not full blown, do both cool and bind more *Choler, and watriſh Humors, Headach, pains in the Ears, Eyes,*

Throat and Gums, Fundament, Bowels, and Matrix, St. Anthonies fire, Stomach, Womens Courſes, Defluxions, faſtneth Teeth, Lask and Spitting of Blood, Heat and Inflamations, Reſt & Sleep, Whites, & Reds in Women, Choler, and Flegm, Redneſs and watering in the Eyes.

more than theſe that are full blown, and the white Roſes more than the red. The Decoction of red Roſes made with Wine and uſed, is very good for the Headach, and pains in the Eyes, Ears, Throat and Gums, as alſo for the Fundament, the lower parts of the Belly, and the Matrix, being bathed, or put into them. The ſame Decoction with the Roſes remaining in it, is profitably applied to the Region of the Heart to eaſe the Inflamation therein; as alſo St. Anthonies fire, and other diſeaſes of the ſtomach. Being dried and beaten to Powder, and taken into ſteeled wine or water, it helpeth to ſtay womens courſes. The yellow thrids in the middle of the red Roſes (which are erroneouſly called the Roſe ſeed) being powdered, and drunk in the diſtilled Water of Quinees, ſtayeth the overflowing of Womens Courſes, and doth wonderfully ſtay the Defluxions of Rhewm upon the Gums and Teeth, preſerving them from corruption, and faſtning them if they be looſe, being waſhed and gargled therwith, and ſome Vinegar of Squils added thereto. The heads with the ſeed being uſed in Powder, or in a Decoction, ſtayeth the Lask and ſpitting of blood. Red Roſes do ſtrengthen the Heart, the Stomach, and the Liver, and the retentive Faculty: they mitigate the pains that ariſe from heat, aſſwage Inflamations, procure reſt and ſleep, ſtay both Whites and Reds in Women, the Gonorrhea or running of the Reins, and the fluxes of the Belly: the Juyce of them doth purge and cleanſe the body from Choler and Flegm. The Husks of the Roſes with the Beards and Nails of the Roſes are binding and cooling, and the diſtilled Water of either of them, is good for the heat and redneſs in the Eyes, and to ſtay and dry up the Rhewms and watering of them. Of the red Roſes are uſually made many Compoſitions, all ſerving to ſundry good uſes, viz. Electuary of Roſes, Conſerve, both moiſt and dry, which is more uſually called Sugar of Roſes, Syrup of dried Roſes, and Honey of Roſes. The Cordial Powder called *Diarrhodon Abbatis*, and *Aromatica Roſarum*. The diſtilled Water of Roſes, Vinegar of Roſes, Oyntment and Oyl of Roſes, and the Roſe Leaves dried, which although no Compoſition: yet of very great uſe and effect. To write at large of every one of theſe, would make my Book ſwell too big, it being ſufficient for a Volume of it ſelf to ſpeak fully of them. But briefly, the Electuary is purging, whereof two or three drams taken by it ſelf in ſome convenient Liquor, is a Purge ſufficient for a weak Conſtitution: but may be encreaſed to ſix drams according to the ſtrength of the Patient. It purgeth Choler without trouble, and is good in hot Feavers, and pains of the Head ariſing from hot Cholerick Humors, and heat in the Eyes, the Jaundice alſo, and Joynt-aches proceeding of hot Humors. The moiſt Conſerve is of much uſe, both binding and Cordial, for until it be about two years old, it is more

A Purge for Choler, hot Feavers, pains of the Head, Heat of the Eyes, Jaundice, & Joynt-aches,

binding

binding than Cordial, and after that, more Cordial than binding. Some of the younger Conſerve taken with *Methridatum* mixed together, is good for thoſe that are troubled with Diſtillations of Rhewm from the Brain to the Noſe, and Defluxions of Rhewm into the Eyes; as alſo for Fluxes and Lasks of the Belly: and being mixed with the Powder of Maſtich, is very good for the running of the Reins, and for the looſneſs of Humors in the Body. The old Conſerve mixed with *Aromaticum roſatum*, is a very good Cordial againſt Faintings, Swoonings, Weakneſs, and tremblings of the Heart, ſtrengthening both it and a weak Stomach, helpeth Digeſtion, ſtayeth Caſting, and is a very good Preſervative in the time of Infection. The dry Conſerve which is called Sugar of Roſes, is a very good Cordial to ſtrengthen the Heart and Spirits; as alſo to ſtay Defluxions. The Syrup of dried red Roſes ſtrengtheneth a Stomach given to Caſting, cooleth an overheated Liver, and the blood in Agues, comforteth the Heart, and reſiſteth putrefaction and infection, and helpeth to ſtay Lasks and Fluxes. Honey of Roſes is much uſed in Gargles and Lotions to waſh Sores, either in the Mouth, Throat, or other parts, both to cleanſe and heal them, and to ſtay the Fluxes of humors falling upon them. It is alſo uſed in Clyſters both to cool and cleanſe. The Cordial Powders called *Diarrhodon Abbatis* and *Aromatica Roſarum*, do comfort and ſtrengthen the Heart and Stomach, procure an Appetite, help Digeſtion, ſtay Vomiting; and is very good for thoſe that have ſlippery Bowels to ſtrengthen them, and to dry up their moiſture. Red Roſe water is of well known, and familiar uſe in all occaſions (and better than Damask Roſe water) being cooling and Cordial, refreſhing, quickning the weak and faint Spirits, uſed either in meats, or broths, to waſh the Temples, to ſmel to at the Noſe, or to ſmel the ſweet vapors thereof out of a perfuming pot, or caſt into a hot Fire-ſhovel. It is alſo of much good uſe againſt the redneſs and inflamations of the Eyes to bath them therewith, and the Temples of the Head, alſo againſt pain and ach, for which purpoſe alſo Vinegar of Roſes is of much good uſe, and to procure reſt and ſleep, if ſome thereof and Roſe water together be uſed to ſmell unto, or the Noſe and Temples moiſtned therewith, but more uſually to moiſten a piece of a red Roſe Cake cut fit for the purpoſe, and heated between a double folded Cloth, with a little beaten Nutmeg, and Poppy ſeed ſtrewed on the ſide that muſt lie next to the Forehead and Temples, and bound ſo thereto for all night. The Oyntment of Roſes is much uſed againſt heat and Inflamations in the Head, to anoint the Forehead and Temples, and being mixed with *unguentum Populeon*, to procure reſt; as alſo it is uſed for the heat of the Liver, of the Back and

Diſtillations and Defluxions of Rhewm, Fluxes, and Lasks, Running of the Reins, Faintings, Swoonings and Trembling of the Heart, helpeth Digeſtion, ſtayeth Caſting, Infection, cooleth the Liver and Blood, reſiſteth Putrefaction, and Infection, ſore Mouths, Throats, &c. Comfort the Heart and Stomach, ſtay Vomiting, faint Spirits, Redneſs of Eyes.

Procure Sleep.

Heat of the Liver, Back & Reins, Puſhes, Wheals & Pim-

ples, Fluxes of Humors. and Reins, and to cool and heal Pushes, Wheals, and other red Pimples rising in the Face or other parts. Oil of Roses is not only used by it self to cool any hot Swellings or Inflamations, and to bind and stay Fluxes of Humors unto Sores, but is also put into Ointments and Plaisters that are cooling and binding, and restraining the Flux of Humors. The dried Leaves of the Red Roses are used both inwardly and outwardly, both cooling, binding, and Cordial, for

Weak Stomach, With them are made both *Aromaticum Rosarum, Diarrhodon Abbatis*, and *Saccharum Rosarum*, each of whose Properties are before declared. Rose Leaves and Mints heated and applied outwardly to the stomach, stay castings, and very much strengthen a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, do much cool and temper them, and also serve instead of a Rose Cake (as is said before) to quiet the over hot spirits and cause rest and sleep. The Syrup of Damask Roses is both

Purgeth Choller. Simple and Compound, and made with Agarick. The simple solutive Syrup, is a familiar, safe, gentle, and easie Medicine, purging Choler; taken from one ounce to three or

Bind the Belly. four; yet this is remarkable herein that the Distilled Water of this Syrup should notably bind the Belly; The Syrup

Melancholick humors, leprosie, Itch, Tetters, French pox. with Agarick is more strong and effectual, for one ounce thereof by it self will open the Body more than the other, and worketh as much on Flegm, as Choler. The Compound Syrup is more forcible in working on Melancholick humors, and available against the Leprosie, Itch, tetters, &c. and the French Disease: Also Honey of Roses Solutive is made of the same infusions that the Syrup is made of, and therefore worketh the same effect both opening and purging; but is oftener given to Flegma-

Open the Belly, tick than Cholerick persons and is more used in Clisters than in Potions as the Syrup made with Sugar is. The Conserve and Preserved Leaves of these Roses are also operative, in gently opening the Belly.

The simple Water of the Damask Roses is chiefly used for Fumes to sweeten things, as the dried Leaves thereof to make sweet Powders, and fil sweet Bags, and little use they are put to in Physick, although they have some purging quality; The wild Roses also are few or none of them used in Physick, but yet are generally held to come neer the Nature of the manured Roses. The Fruit of the *wild Bryar*, which are called *Hops*, being

Bind the Belly, and stay Defluxions, whites in Women, Stone, provokes throughly ripe, and made into a Conserve with Sugar, besides the pleasantness of the taste, doth gently bind the belly, and stay Defluxions from the Head upon the stomach, drying up the moisture thereof, and helpeth digestion. The Pulp of the Hops dried into a hard Consistence, like to the Juice of Liquoris, or so dried that it may be made into powder & taken in drink stayeth speedily the Whites in Women. The Briar ball is often used being made into Powder and drunk to break the stone, to pro-

voke

voke Urin when it is ſtopped, and to eaſe and help the Colick, ſome appoint it to be burnt, and then taken for the ſame purpoſe. In the middle of the Balls are often found certain white Worms, which being dried, and made into powder, and ſome of it drunk, is found by Experience of many, to kill and drive forth the Worms of the Belly.

Urin. *Colick.* *Worms.*

Roſa Solis, *or* Sun-dew.

Deſcript. *IT hath divers ſmall, round, hollow Leaves, ſomewhat greeniſh, but full of certain red hairs, which make them ſeem red, every one ſtanding upon his own footſtalks, reddiſh hairy likewiſe. The Leaves are continually moiſt in the hotteſt day, yea, the hotter the Sun ſhines on them, the moiſter they are, with a certain ſliminеſs that will rope (as we ſay) the ſmall hairs alwaies holding this moiſture. Among theſe Leaves riſe up ſmall ſlender ſtalks, reddiſh alſo, three or four fingers high, bearing divers ſmall white knobs one above another, which are the Flowers; after which, in the Heads are contained ſmall ſeeds. The Root is a few ſmall hairs.*

Place.] It groweth uſually in Bogs, and in wet places, and ſometimes in moiſt Woods.

Time.] It flowereth in *June*, and then the Leaves are fitteſt to be gathered.

Government and Vertues.] The *Sun* rules it, and 'tis under the Sign *Cancer*. *Roſa Solis* is accounted good to help thoſe that have ſalt Rhewm diſtilling on the Lungs, which breedeth a Conſumption, and therefore the diſtilled Water thereof in Wine, is held fit and profitable for ſuch to drink, which Water will be of a Gold yellow colour. The ſame Water is held to be good for all other diſeaſes of the lungs, as Phtiſicks, Wheeſings, ſhortneſs of breath, or the Cough; as alſo to heal the Ulcers that happen in the Lungs, and it comforteth the Heart and fainting Spirits. The Leaves outwardly applied to the skin, will raiſe Bliſters, which hath cauſed ſome to think it dangerous to be taken inward: but there are other things which will alſo draw Bliſters, yet nothing dangerous to be taken inwardly. There is an uſual drink made thereof with Aqua vitæ and Spices frequently, and without any offence or danger, but to good purpoſe uſed in qualms and paſſions of the Heart.

Diſtillations of Rhewm, Phtiſick. Wheeſings, ſhortneſs of Breath, Cough, ulcers in the Lungs, comfort the Heart, raiſe Bliſters, Paſſions of the Heart.

Roſemary.

OUr Garden Roſemary is ſo well known, that I need not deſcribe it.

Time. It flowereth in *April* and *May* with us, and ſometimes again in *Auguſt*.

Government and Vertues. The *Sun* claims priviledg in it, and 'tis under the Cœleſtial *Ram*. It is an Herb of as great uſe with us in theſe daies, as any whatſoever, not only for Phyſical, but Civil purpoſes. The Phyſical

uſe of it (being my preſent Task) is very much both for inward and outward Diſeaſes: for by the warming and comforting heat thereof, it helpeth all cold Diſeaſes, both of the Head, Stomach, Liver, and Belly. The Decoction thereof in Wine, helpeth the cold Diſtillations of Rhewm into the Eyes, and all other cold diſeaſes of the Head and Brain, as the Giddineſs or Swimming therein, Drowſineſs, or dulneſs of the Mind and Senſes, like a ſtupidneſs, the dumb Palſie, or loſs of Speech, the Lethargy, and Falling-ſickneſs, to be both drunk, and the Temples bathed therewith. It helpeth the pains in the Gums and Teeth, by Rhewm falling into them, or by putrefaction, cauſing an evil ſmell from them, or a ſtinking breath. It helpeth a weak Memory, and quickneth the Senſes. It is very comfortable to the ſtomach in all the cold griefs thereof, helping both retention of meat, and digeſtion, the decoction or powder being taken in Wine. It is a Remedy for the windineſs in the ſtomach or Bowels, and expelleth it powerfully, as alſo wind in the Spleen. It helpeth thoſe that are Liver-grown, by opening the obſtructions thereof. It helpeth dim Eyes, and procureth a clear ſight, the flowers thereof being taken all the while it is flowring, every morning faſting with bread and ſalt. Both *Dioſcorides* and *Galen* ſay, That if a Decoction be made thereof with water, and they that have the yellow Jaundice do exerciſe their bodies preſently after the taking thereof, it will certainly cure them. The flowers and the Conſerve made of them, is ſingular good to comfort the Heart, and to expel the contagion of the Peſtilence: to burn the Herb in Houſes and Chambers, correcteth the Air in them. Both the Flowers and the Leaves are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried Leaves ſhred ſmal, and taken in a Pipe like as Tobacco is taken, helpeth thoſe that have any Cough or Phtiſick or Conſumption, by warming and drying the thin Diſtillations which cauſe thoſe Diſeaſes. The leaves are much uſed in bathings, and made into Oyntments or Oyls, is ſingular good to help cold benummed Joynts, Sinews, or Members. The Chymical Oyl drawn from the leaves and flowers, is a ſoveraign help for all diſeaſes aforeſaid. to touch the Temples and Noſtrils with two or three drops, for all the diſeaſes of the Head and Brain ſpoken of before; as alſo to take a drop, two, or three, as the cauſe requireth, for the inward Griefs: yet muſt it be done with diſcretion: for it is very quick and piercing, and therefore but a very little muſt be taken at a time. There is alſo another Oyl made by Inſolation, in this manner: Take what quantity you will of the Flowers, and put them into a ſtrong Glaſs cloſe ſtopped. tye a fine linnen Cloth over the Mouth, and turn the Mouth down into another ſtrong Glaſs, which being ſet in the Sun, an Oyl will diſtil down into the lower Glaſs, to be preſerved as precious for divers uſes, both inward and outward

Cold Diſeaſes, Rhewms, Swimming of the Head, Drowſineſs, Stupidity, dumb Palſie, Lethargie and Falling-ſickneſs, Tooth-ach, ſtinking Breath, weak Memory, Stomach, retention of Meat, Wind, Liver-grown, dim Sight, yellow Jaundice, Peſtilence, Whites in Women, Cough, Phtiſick, or Conſumption, benum'd Joynts, Spots and Scars, in the Skin.

ward as a soveraign Balm to heal the diseases before mentioned, to clear a dim sight, and take away Spots, Marks, and Scars in the Skin.

Rhubarb, *or* Rhapontick.

DO not start, and say this grows you know not how far off; and then ask me, How it comes to pass that I bring it among our English Simples? For though the Name may speak it Forraign, yet it grows with us in *England*, and that frequent enough in our Gardens; and when you have throughly perused its Vertues, you will conclude it nothing inferior to that which is brought us out of *China*, and by that time this hath been as much used as that hath been, the name which the other hath gotten wil be ecclipsed by the fame of this: take therefore a Description at large of it, as followeth.

Description.] *At the first appearing out of the Ground, when the winter is past, it hath a great round browniſh Head, rising from the middle or sides of the Root, which openeth it self into sundry Leaves one after another, very much crumpled or folded together at the first, and browniſh: but afterward it spreadeth it self, and becometh smooth, very large, and almost round, every one standing on a browniſh stalk, of the thickness of a mans thumb, when they are grown to their fulness, and most of them two foot and more in length, especially when they grow in any moist or good ground: And the stalk of the leaf also from the bottom thereof to the leaf it self, being also two foot: the breadth thereof from edg to edg in the broadest place, being also two foot; of a sad or dark green colour, of a fine tart or sourish taste, much more pleasant than the Garden or Wood-sorrel. From among these riseth up some, but not every year, strong thick stalks, not growing so high as the Patience, or Garden Dock, with such round Leaves as grow below, but smaller at every joynt up to the top, and among the flowers which are white, spreading forth into many branches, and consisting of five or six smal white Leaves apiece, hardly to be discerned from the whit thrids in the middle, and seeming to be all thrids, after which come browniſh three square seed, like unto other Docks, but larger, whereby it may be plainly known to be a Dock. The Root groweth in time to be very great, with divers and sundry great spreading branches from it, of a dark, browniſh, or reddish colour on the outside, with a pale yellow skin under it, which covereth the inner substance or Root, which rind and skin being pared away, the Root appeareth of so fresh and lively a colour, with fresh coloured Veins running through it, that the choicest of that Rhubarb that is brought us from beyond the Seas cannot excel it: which Root, if it be dried carefully, and as it ought (which must be in our Country by the gentle heat of a fire, in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh; and hath been approved of, and commended by those who have often times used them.*

Place. It groweth in Gardens, and flowereth about the beginning or middle of *June*, and the Seed is ripe in *July*.

Time. The Roots that are to be dried and kept all the year following

are not to be taken up before the ſtalk and leaves be quite withered and gone, and that is not until the middle or end of *October*; and if they be taken a little before the leaves do ſpring, or when they are ſprung up, the Roots will not have half ſo good a colour in them.

I have given the precedence unto this, becauſe in Vertues alſo it hath the preheminence; I come now to deſcribe unto you that which is called *Patience*, or *Monks Rhubarb*; and next unto that, the great round leav'd *Dock*, or *Baſtard Rhubarb*: for the one of theſe may happily ſupply in the abſence of the other, being not much unlike in their Vertues, only one more powerful and efficacious than the other. And laſtly, ſhall ſhew you the Vertues of all the three ſorts.

Garden Patience, *or* Monks Rhubarb.

Deſcript. *THis is a Dock bearing the name of Rhubarb, for ſome purging quality therein, and groweth up with large tall ſtalks, ſet with ſomewhat broad and long fair green Leaves, not dented at all. The tops of the ſtalks being divided into many ſmall branches, bear reddiſh or purpliſh Flowers, and three-ſquare ſeed like unto other Docks. The Root is long, great, and yellow, like unto the wild Docks, but a little redder, and if it be a little dried, ſheweth leſs ſtore of diſcoloured veins, than the next doth when it is dry.*

Great round leav'd Dock, *or* Baſtard Rhubarb.

Deſcript. *THis hath divers large, round, thin, yellowiſh green Leaves, riſing from the Root, a little waved about the edges, every one ſtanding on a reaſonable thick, and long browniſh footſtalk; from among which, riſeth up a pretty big ſtalk, about two foot high, with ſome ſuch like Leaves growing thereon, but ſmaller. At the top whereof ſtand in a long ſpike many ſmall browniſh flowers which turn into hard three-ſquare ſhining brown ſeed, like the Garden Patience before deſcribed. The Root groweth greater than that, with many branches of great fibres thereat, yellow on the outſide, and ſomewhat pale yellow within, with ſome diſcoloured veins like to the Rhubarb which is firſt deſcribed, but much leſs than it, eſpecially when it is dry.*

Place and Time. Theſe alſo grow in Gardens, and flower and ſeed at or near the ſame time that our true Rhubarb doth, viz. they flower in *June*, and the ſeed is ripe in *July*.

Government and Vertues. *Mars* claims predominancy over all theſe wholſome Herbs: you cry out upon him for an Infortune, when God created him for your good (only he is angry with Fools) What diſhonor is this, not to *Mars*, but to God himſelf? A dram of the dried Root of Monks Rhubarb, with a ſcruple of Ginger made into Powder, and taken faſting in a draught or meſs of warm Broth, purgeth Choler and Flegm downwards very gently and ſafely without danger. The ſeed thereof contrarily doth bind the Belly,

Purge Choler and Flegm, ſlay Lasks & Bloc-

Belly, and helpeth to ſtay any ſort of Lask or Bloody flux. The diſtilled Water thereof is very profitably uſed to heal Scabs, as alſo foul Ulcerous ſores, and to allay the inflamation of them: The Juyce of the Leaves or Roots, or the Decoction of them in Vinegar, is uſed as a moſt effectual Remedy to heal ſcabs and running ſores.

dy flux, ſcabs and ulcerous ſores, running ſores.

The Baſtard Rhubarb hath all the properties of the Monks Rhubarb, but more effectual for both inward and outward Diſeaſes. The Decoction thereof with Vinegar dropped into the Ears, taketh away the pains; gargled in the mouth, taketh away the Toothach, and being drunk, healeth the Jaundice. The ſeed thereof taken, eaſeth the gnawing and griping pains of the ſtomach, and taketh away the loathing thereof unto meat. The Root thereof helpeth the ruggedneſs of the Nails, and being boyled in Wine, helpeth the ſwelling of the Throat, commonly called the Kings Evil, as alſo the ſwellings of the Kernels of the Ears. It helpeth them that are troubled with the ſtone, provoketh Urin, and helpeth the dimneſs of the ſight. The Roots of this Baſtard Rhubarb are uſed in opening and purging Diet Drinks with other things to open the Liver, and to cleanſe and cool the blood.

Pains of the Ears, Toothach, Jaundice, Pains of the Stomach, and loathing of meat, Kings Evil, Stone, Urin, Dim ſight, Liver and Blood.

The properties of that which is called the Engliſh Rhubarb, are the ſame with the former, but much more effectual, and hath all the properties of the true Indian Rhubarb, except the force in purging, wherein it is but of half the ſtrength thereof, and thereof a double quantity muſt be uſed; it likewiſe hath not that bitterneſs and aſtriction, in other things it worketh almoſt in an equal quality, which are theſe; It purgeth the Body of Choler and flegm, being either taken of it ſelf, made into powder and drunk in a draught of white Wine, or ſteeped therein all night, and taken faſting, or put among other Purges, as ſhall be thought convenient, clenſing the Stomach, Liver, and Blood, opening Obſtructions, and helping thoſe griefs that come thereof; as the Jaundice, Dropſie, Swelling of the Spleen, Tertian and Day Agues, and pricking pain of the ſides, and alſo it ſtayeth ſpitting of Blood. The Powder taken with *Caſſia* diſſolved, and a little waſhed *Venice Turpentine*, cleanſeth the Reins, and ſtrengtheneth them afterwards, and is very effectual to ſtay the Running of the Reins or Gonorrhea. It is alſo given for the pains and ſwellings in the Head, for thoſe that are troubled with Melancholy, and helpeth the Sciatica, the Gout, and the Cramp. The Powder of Rhubarb taken with a little *Mummia*, and *Madder* Roots in ſome red Wine, diſſolveth clotted blood in the Body, hapning by any fall or bruiſe, and healeth burſtings and broken parts as well

Choler, and Flegm, Obſtructions, Jaundice, Dropſie, Spleen, Agues, Pains of the Sides and Spitting of Blood, Running of the Reins, Swelling in the Head, Sciatica, Gout, Cramp, Clotted Blood, ulcers in the Eyes, or Eye-lids, Swellings and Inflamations, black and blue ſpots, purge the Liver and Stomach,

well inward as outward: The Oyl likewiſe wherein it hath been boyled, worketh the like effects, being anointed. It is uſed to heal thoſe Ulcers that happen in the Eyes and Eye-lids, being ſteeped and ſtrained; as alſo to aſwage the ſwellings and inflamations; and applied with Honey, or boyled in Wine, it taketh away all black and blue ſpots or marks that happen therein. Whey, or White Wine are the beſt Liquors to ſteep it in, and thereby it worketh more effectually in opening obſtructions, and purging the Stomach and Liver. Many do uſe a little Indian Spicknard as the beſt Corrector thereof.

Meadow Rue.

Deſcript. MEadow Rue *riſeth up with a yellow ſtringy Root, much ſpreading in the ground, and ſhooting forth new ſprouts round about, with many Herby green Stalks two foot high, creſted all the length of them, ſet with joynts here and there, and many large Leaves on them above as well as below, being divided into ſmaller Leaves, nicked or dented in the fore part of them of a ſad green colour on the upper ſide, and pale green underneath: Toward the top of the Stalk there ſhooteth forth divers ſhort branches; on every one whereof there ſtand two, three, or four ſmall round Heads or Buttons, which breaking, the skin that incloſeth them ſheweth forth a tuft of pale greeniſh yellow thrids, which falling away, there comes in their places ſmall three cornered Cods, wherein is contained ſmall, long, and round ſeed. The whole Plant hath a ſtrong unpleaſant ſcent.*

Place. It groweth in many places of this Land, in the borders of moiſt Meadows, and by Ditch ſides.

Time.] It flowreth about *July* or the beginning of *Auguſt*.

Government and Vertues.] *Dioſcorides* ſaith, That this Herb bruiſed and applied, perfectly healeth old ſores, and the diſtilled Water of the Herb and Flowers doth the like. It is uſed by ſome among other Pot-herbs, to open the Body and make it ſoluble; but the Roots waſhed clean, and boyled in Ale and drunk, provoketh to the ſtool more than the Leaves, but yet very gently. The Root boyled in Water, and the places of the Body moſt troubled with Vermin or Lice waſhed therewith while it is warm, deſtroyeth them utterly. In *Italy* it is uſed againſt the Plague, and in *Saxony* againſt the Jaundice, as *Camerarius* ſaith.

Old ſores, *Open the Body,* *Lice and Vermine,* *Plague,* *Jaundice.*

Garden Rue.

GArden Rue is ſo well known, both by this name, and the name *Herb of Grace*, that I ſhall not need to write any further Deſcription of it: But ſhall onely ſhew you the Vertue of it as followeth:

Government and Vertues.] It is an Herb of the *Sun*, and under *Leo*. It provoketh Urin and Womens Courſes, being taken either in Meat or Drink. The ſeed thereof taken in Wine, is an Antidote againſt all dangerous Medicines or deadly Poyſons. The Leaves taken either by themſelves, or with Figs and Walnuts, is called

Urin, *Womens Courſes.*

called *Mithridates* his Counterpoyſon againſt the Plague, and cauſeth all Venemous things to become harmleſs: Being often taken in meat or drink it abateth Venery, and deſtroyeth the ability to beget Children. A Decoction made thereof with ſome dried Dill Leaves and Flowres, eaſeth all pains and torments inwardly to be drunk, and outwardly to be applied warm to the place grieved. The ſame being drunk, helpeth the pains both of the Cheſt and ſides, as alſo Coughs, and hardneſs of breathing, the Inflamations of the Lungs, and the tormenting pains of the Sciatica, and the Joynts, being anointed or laid to the places, as alſo the ſhaking fits of Agues, to take a draught before the fit come: Being boyled or infuſed in Oyl, it is good to help the Wind Cholick, the hardneſs or windineſs of the Mother, and freeth women from the ſtrangling or ſuffocation thereof, if the ſhare, and the parts thereabouts be anointed therewith: It killeth & driveth forth the Worms of the Belly, if it be drunk after it is boyled in Wine to the half with a little Honey: It helpeth the Gout or pains in the Joynts of Hands, Feet, or Knees, applied thereunto; and with Figs it helpeth the Dropſie being bathed therewith: being bruiſed and put into the Noſtrils, it ſtayeth the bleeding thereof. it helpeth the ſwelling of the Cods if they be bathed with a Decoction of Rue and Bay Leaves. It taketh away wheals and Pimples if being bruiſed with a few Mirtle Leaves, if it be made up with Wax and applied: It cureth the Morphew, and taketh away all ſorts of Warts, if boiled in Wine with ſome Pepper and Nitre, and the places rubbed therewith: and with Allum and Honey, helpeth the dry ſcab or any Tetter or Ringworm: The Juyce thereof warmed in a Pomegranate Shel or Rind, and dropped into the Ears, helpeth the pains of them. The Juyce of it and Fennel with a little Honey, and the Gall of a Cock put thereto, helpeth the dimneſs of the Eye-ſight. An Oyntment made of the Juyce thereof with Oyl of Roſes Ceruſs, and a little Vinegar, and anointed, cureth St. *Anthonies* fire, and all foul running ſores in the Head; and the ſtinking Ulcers of the Noſe or other parts. The Antidote uſed by *Mithridates* every morning faſting to ſecure himſelf from any Poyſon or Infection, was this: Take twenty Leaves of Rue, a little Salt, a couple of Walnuts, and a couple of Figs beaten together into a Maſs with twenty Juniper Berries, which is the quantity appointed for every day. Another Electuary is made thus: Take of Nitre, Pepper, and Cummin ſeed, of each equal parts; of the Leaves of Rue clean picked, as much in weight as all the other three weighed; beat them well together, and put to as much Honey as will make it up into an Electuary; (but you muſt firſt keep your Cummin ſeed in Vinegar twenty four hours, and then dry it, or rather roaſt it in a hot Fire-

Poyſons, Plague, Abate Venery, Pains of the Cheſt and Sides Cough, Head, Breathing, Sciatica, and Joyntaches, Agues, Wind-Cholick, Mother, Worms, Gout, Dropſie, Bleeding, Swelling of the Cods, Wheals and Pimples, Morphew, and Warts, Scab, Tetter, and Ringworm, Pains of the Ears. Dim ſight, St Anthonies fire, Running ſores of the Head Ulcers of the Noſe, Antidote, Pains of the Cheſt, Stomach, Spleen, Belly,

Obſtruions. ſhovel, or in an Oven) and it is a Remedy for the pains or griefs of the Cheſt or Stomach; of the Spleen, Belly, or Sides, by wind or ſtitches; of the Liver by Obſtructions; of the Reins and Bladder, by the ſtopping of Urin, and helpeth alſo to extenuate fat corpulent Bodies.

What an Infamy is caſt upon the aſhes of *Mithridates* (or *Methridates*, as the *Auguſtans* read his Name) by unworthy people; they that deſerve no good report themſelves, love to give none to others, viz. That renowned King of *Pontus* fortified his body by poyſon againſt poyſon (*He caſt out Devils by Belzebub the Prince of Devils*) What a Sot is he that knows not if he had accuſtomed his body to cold poyſons, hot poyſons would have diſpatch'd him? On the contrary, if not, Corroſions would have done it: the whole World is at this very time beholding to him for his ſtudies in Phyſick, and he that uſeth the quantity of but a Hazel-nut of that Receipt every morning, to which his Name is adjoyned, ſhall to admiration preſerve his body in health, if he do but conſider that Rue is an Herb of the *Sun*, and under *Leo*, and gather it and the reſt accordingly.

Rupture-wort.

Deſcript. THis *ſpreadeth very many thriddy branches round about upon the ground, about a ſpan long, divided into many other ſmaller parts, full of ſmall joynts ſet very thick together, whereat come forth two very ſmall Leaves of a French yellow, green colour branches and all, where groweth forth alſo a number of exceeding ſmall yellowiſh Flowers, ſcarce to be diſcerned from the ſtalks and Leaves, which turn into ſeeds as ſmall as the very duſt. The Root is very long and ſmall, thruſting down deep into the ground. This hath neither ſmell nor taſt at firſt, but afterwards hath a little aſtringent taſt, without any manifeſt heat, yet a little bitter and ſharp withal.*

Place. It groweth in dry, ſandy, and rocky places.

Time. It is freſh and green all the Summer.

Government and Vertues. They ſay *Saturn* cauſeth Ruptures: if he do, he doth no more than he can cure, if you want wit, he wil teach you though to your coſt; this Herb is *Saturns* own, and is a notable Antivenerian. Rupture-wort hath not his name in vain: for it is found by Experience to cure the Rupture, not only in Children, but alſo in elder perſons, if the Diſeaſe be not too inveterate, by taking a dram of the Powder of the dried Herb every day in Wine for certain daies together. Or the Decoction made in Wine, and drunk. Or the Juyce or diſtilled Water of the green Herb taken in the ſame manner; and helpeth all other Fluxes either in man or Woman; Vomitings alſo, and the Gonorrhea or running of the Reins, being taken any of the waies aforeſaid. It doth alſo moſt aſſuredly help thoſe that have the Strangury, or have their Urin ſtopped, or are troubled with the Stone or Gravel in the Reins or Bladder: The ſame alſo much helpeth all

Ruptures, Fluxes, Running of the Reins, Strangury, Stone or Gravel, Stitches, Yellow Jaundice, Worms,

ſtitches

ſtitches in the ſide, all griping pains in the Stomach or Belly, the Obſtructions of the Liver, and cureth the yellow Jaundice, likewiſe, it killeth alſo the Worms in Children: being outwardly applied it conglutinateth wounds notably, and helpeth much to ſtay Defluxions of rheum from the Head to the Eyes, Noſe, and Teeth, being bruiſed green and bound thereto; Or the Decoction of the dried Herb, to bath the Forehead and Temples, or the Nape of the Neck behind: It alſo drieth up the moiſture of Fiſtulous Ulcers or any others that are foul and ſpreading.

Wounds, Defluxions, Foul ulcers.

Ruſhes.

ALthough there are many kinds of *Ruſhes*, yet I ſhall onely here inſiſt upon thoſe which are beſt known, and moſt Medicinal. as the Bul-ruſhes, and other of the ſoft and ſmooth kinds; which grow ſo commonly in almoſt every part of this Land, and are ſo generally noted, that I ſuppoſe it needleſs to trouble you with any Deſcription of them: Briefly then take the Vertues of them as followeth:

Government and Vertues. The ſeeds of theſe ſoft Ruſhes, ſaith *Dioſcorides* and *Galen*, toaſted (ſaith *Pliny*) being drunk in Wine and Water, ſtayeth the Lask and Womens Courſes, when they come down too abundantly: but it cauſeth Headach: It provoketh ſleep likewiſe, but muſt be given with caution, leſt the party that takes it wake not until the Reſurrection: *Pliny* ſaith, The Root boyled in water to the conſumption of one third, helpeth the Cough.

Thus you ſee that Conveniences have their Inconveniences, and Vertue is ſeldom unaccompanied with ſome Vices. What I have written concerning Ruſhes is to ſatisfie my Countrymens Queſtion, *Are our Ruſhes good for nothing?* Yes, and as good let alone as taken; There are remedies enough without them for any Diſeaſe, and therefore as the Proverb is, I care not a Ruſh for them, or rather they will do you as much good as if one had given you a Ruſh.

Rye.

THis is ſo well known in all the Countries of this Land, and eſpecially to the Country People, who feed much thereon, that if I ſhould deſcribe it, they would preſently ſay, I might well have ſpared that Labor. Its Vertues follow:

Government and Vertues. Rye is more digeſting than Wheat: The Bread and the Leaven thereof ripeneth and breaketh Impoſtumes, Boyls, and other Swellings: The Meal of Rye put between a double cloth, and moiſtened with a little Vinegar, and heated in a Pewter diſh, ſet over a Chafingdiſh of coals, and bound faſt to the Head while it is hot, doth much eaſe the continual pains of the Head. *Matthiolus* ſaith, That the aſhes of Rye ſtraw put into water, and ſuffered therein a day and a night, and the Chops of the Hands or Feet waſhed therewith, doth heal them.

Impoſtumes, Boyls & ſwellings, Lingering pains of the head, Chaps of the hands or Feet.

SAF-

Saffron.

THe Herb needs no Deſcription, it being known generally where it grows.

Place. It grows frequently at *Walden* in *Eſſex*, and in *Cambridge-ſhire*.

Government and Vertues. It is an Herb of the *Sun*, and under the *Lion*, and therefore you need not demand a reaſon why it ſtrengthens the Heart ſo exceedingly. Let not above ten grains be given at one time: for if the Sun which is the fountain of life, may dazle the Eyes, and make them blind, a Cordial being taken in an immoderate quantity, may hurt the Heart inſtead of helping it. It quickneth the Brain, for the Sun is exalted in *Aries*, as well as he hath his Houſe in *Leo*, it helps Conſumption of the Lungs, helps difficulty of breathing. It is an excellent thing in Epidemical Diſeaſes, as Peſtilence, ſmall Pox, and Meaſles. It is a notable expulſive Medicine, and a notable Remedy for the yellow Jaundice. My Opinion is (but I have no Author for it) That Hermodactils are nothing elſe but the Roots of Saffron dried, and my reaſon is, that the Roots of all Crocus both white and yellow, purge Flegm as Hermodactils do; and if you pleaſe to dry the Roots of any Crocus, neither your Eyes nor your taſt ſhall diſtinguiſh from Hermodactils.

Heart ſtrengtheneth, Brain, Conſumption of the Lungs, Peſtilence, ſmall Pox, Meaſles, yellow Jaundice, Flegm purgeth.

Sage.

OUr ordinary Garden Sage needeth no Deſcription.

Time.] It flowereth in or about *July*.

Government and Vertues.] *Jupiter* claims this, and bid me tell you it is good for the Liver, and to breed good blood. A Decoction of the Leaves and Branches of Sage made and drunk, ſaith *Dioſcorides*, provoketh Urin, bringeth down Womens Courſes, helpeth to expel the dead Child, and cauſeth the Hairs to become black. It ſtayeth the bleeding of Wounds, and cleanſeth foul Ulcers or Sores. The ſaid Decoction made in Wine, taketh away the Itching of the Cods, if they be bathed therewith. *Agrippa* ſaith, that if Women that cannot conceive by reaſon of the moiſt ſlipperineſs of their wombs ſhall take a quantity of the Juyce of Sage with a little Salt for four daies before they company with their Husbands, it will help them not onely to conceive, but alſo to retain the Birth without miſcarrying. *Orpheus* ſaith, three ſpoonfuls of the Juyce of Sage taken faſting with a little Honey, doth preſently ſtay the ſpitting or caſting up of blood of them that are in a Conſumption: theſe Pills are much commended. Take of Spicknard, Ginger, of each two drams; of the Seed of Sage toaſted at the fire, eight drams, of long Pepper twelve drams: all theſe being brought into

Provoke urin, Womens Courſes, expel the dead Child, and Afterbirth, ſtanch Bleeding, cleanſe ulcers, and Sores, Itching of the Cods, help Conception, and hinder Miſcarriage, Spitting Blood, Conſumption, Pains of the Head & Joynts, Falling-ſickneſs,

into fine Powder, put thereto so much Juice of Sage as may make them into a Mass for Pills, taking a dram of them every morning fasting, and so likewise at night, drinking a little pure Water after them. *Mathiolus* saith, it is very profitable for all manner of pains of the Head coming of cold and Rhewmatick Humors, as also for all pains of the Joynts, whether inwardly or outwardly, and therefore helpeth the Falling-sickness, the Lethargy, such as are dull and heavy of spirit, the Palsey, and is of much use in all Bloody Defluxions of Rhewm from the Head, and for the Diseases of the Chest or Breast. The Leaves of Sage and Nettles bruised together, and laid upon the Impostume that riseth behind the Ears, doth asswage it much: The Juyce of Sage taken in warm Water, helpeth a Hoarsness and the Cough. The Leaves sodden in wine, and laid upon the place affected with the Palsey, helpeth much, if the decoction be drunk also. Sage taken with Wormwood is good for the Bloody Flux: *Pliny* saith, it procureth Womens Courses, and stayeth them coming down too fast, helpeth the stinging and biting of Serpents, and killeth the Worms that breed in the Ears and in sores. Sage is of excellent use to help the Memory, warming and quickning the sences, and the Conserve made of the Flowers, is used to the same purpose, and also for all the former recited Diseases. The Juyce of Sage drunk with Vinegar hath been of good use in time of the Plague at all times. Gargles likewise are made with Sage, Rosemary, Honeysuckles, and Plantane boyled in Wine or Water, with some Honey or Allom put thereto, to wash sore Mouthes and Throats, Cankers, or the secret parts of Man or Woman as need requireth. And with other hot and comfortable Herbs, Sage is boyled to bath the Body and Legs in the Summer time, especially to warm cold joints or sinews troubled with the Palsie or Cramp, and to comfort or strengthen the parts. It is much commended against the stitch or pains in the side coming of wind, if the place be fomented warm with the Decoction thereof in Wine, and the Herb also after the boyling, be laid warm also thereunto.

Fluxions of Rheum, Bloody Mouthes and Throats, Cankers, Palsie or Cramp, stitch in the side.

Wood Sage.

Description. *Wood-Sage riseth up with square hoary stalks two foot high at the least, with two Leaves set at every Joynt, somewhat like other Sage Leaves, but smaller, softer, whiter, and rounder, and a little dented about the edges, and smelling somewhat stronger: At the tops of the stalks and Branches stand the Flowers on a slender long spike, turning themselves all one way when they blow, and are of a pale and whitish color, smaller than Sage, but hooded and gaping like unto them: The seed is blackish and round, four usually seen in a husk together: The Root is long and stringy, with divers Fibres thereat, and abideth many years.*

Place.

Place. It groweth in Woods, and by Wood-sides, as also in divers Fields and by-Lanes in this Land.

Time. It flowreth in *June*, *July*, and *August*.

Government and Vertues. The Herb is under *Venus*.

Provokes urin & womens courses, and sweat, swellings in the flesh, French pox, vein broken, burstnesse, Palsie, ulcers, & sores, green wounds.

The Decoction of Wood-sage provoketh Urine and Womens Courses: it also provoketh sweat, digesteth Humors, and discussеth Swellings and Nodes in the Flesh, and is therefore thought to be good against the French Pox. The decoction of the green Herb made with Wine is a safe and sure Remedy for those who by falls, bruises, or blows, doubt some Vein to be inwardly broken, to disperse and avoid the congealed blood, and to consolidate the Veins: It is also good for such as are inwardly or outwardly bursten, the drink used inwardly, and the Herb applied outwardly: The same used in the same manner is found to be a sure Remedy for the Palsie: The Juyce of the Herb, or the Powder thereof dried, is good for moist Ulcers and sores in the Legs or other parts to dry them, and cause them to heal more speedily: It is no lesse effectual also in green Wounds to be used upon any occasion.

Solomons-Seal.

Description. *THe common Solomons Seal riseth up with a round Stalk about half a yard high, bowing or bending down to the ground set with single Leaves one above another, somewhat large and like the Leaves of the Lilly-Convalley, or May Lilly, with an eye of blewish upon the green, with some ribs therein, and more yellowish underneath. At the foot of every Leaf almost from the bottom up to the top of the Stalk come forth small long white and hollow pendulous Flowers, somewhat like the flowers of May-Lilly, but ending in five long points, for the most part two together at the end of a long Foot-stalk, and sometimes but one, and sometimes also two stalks with flowers at the foot of a leaf, which are without any scent at all, and stand all on one side of the stalk: after they are past, come in their places small round Berries, green at the first, and blackish green tending to blewness when they are ripe, wherein lye small, white, hard and stony seed: The Root is of the thickness of ones finger or thumb, white and knobbed in some places, with a flat round circle representing a Seal, whereof it took the name, lying along under the upper crust of the Earth, and not growing downward, but with many fibres underneath.*

Place. It is frequent in divers places of this Land, as namely in a Wood two miles from *Canterbury*, by *Fish-pool Hill*; as also in a Bushy Close belonging to the Parsonage of *Alderbury* near *Clarendon*, two miles from *Salisbury*, in *Chessor* Wood, on *Chessor* Hill, between *Newington* and *Sitting urn* in *Kent*, and in divers other places in *Essex*, and other Countries.

Time. It flowreth about *May*: The Root abideth and shooteth anew every year.

Government

Government and Vertues. *Saturn* owns the Plant, for he loves his Bones well. The Root of Solomons Seal is found by experience to be available in Wounds, Hurts, and outward Sores, to heal and cloſe up the Lips of thoſe that are green, and to dry up and reſtrain the flux of Humors to thoſe that are old: It is ſingular good to ſtay Vomitings and bleedings whereſoever, as alſo all fluxes in man or woman, whether the Whites or Reds in Women, or the running of the Reins in Man; alſo to knit any Joint, which by weakneſs uſeth to be often out of place, or will not ſtay in long, when it is ſet: alſo to knit and joyn broken bones in any part of the body, the Roots being bruiſed and applied to the place; yea, it hath been found by late experience, that the Decoction of the Root in Wine, or the bruiſed Root put in Wine or other Drink, and after a nights infuſion ſtrained forth hard and drunk, hath holpen both man and beaſt whoſe Bones have been broken by any occaſion, which is the moſt aſſured refuge of help to people of divers Countries of this Land, that they can have: It is no leſſe effectual to help Ruptures and Burſtings, the Decoction in Wine, or the powder in Broth or Drink being inwardly taken, & outwardly applied to the place: The ſame is alſo available for inward or outward bruiſes, falls, or blows both to diſpel the congealed Blood, and to take away both the pains and the black & blew marks that abide after the hurt. The ſame alſo or the diſtilled water of the whole Plant uſed to the Face or other part of the skin, cleanſeth it from morphew, Freckles, ſpots, or marks whatſoever, leaving the place, freſh, fair, and lovely, for which purpoſe it is much uſed by the *Italian* Dames.

Wounds, and ſores, Vomiting and bleeding, Fluxes, Running of the Reins, knit Joynts and broken bones in Man and beaſt, Ruptures, bruiſes and falls, black and blew Marks, Beautifie the Face,

Sampire.

Deſcription. *Rock Sampire groweth up with a tender green Stalk, about half a yard or two foot high at the moſt, branching forth almoſt from the very bottom, and ſtored with ſundry thick, and almoſt round, ſomewhat long Leaves, of a deep green color, ſometimes three together, and ſometimes more on a ſtalk, and are ſappy, and of a pleaſant, hot, or ſpicy taſte: At the tops of the ſtalk and branches, ſtand Umbels of white flowers, and after them comes large ſeed bigger than Fennel Seed, yet ſomewhat alike. The Root is great, white, and long, continuing many years, and is of an hot ſpicy taſt likewiſe.*

Place. It groweth on the Rocks that are often moiſtned, at the leaſt, if not overflown with the Sea-water.

Time. And it flowereth and ſeedeth in the end of *July* and *Auguſt*.

Government and Vertues. It is an Herb of *Jupiter*, and was in former times wont to be uſed more than now it is, the more is the pity; it is well known almoſt to every body, That ill digeſtion and obſtructions, are the cauſes of moſt of the Diſeaſes which the frail Nature of Man is ſubject to, both which might be remedied

Help digeſtion, Opens,

Obſtructions, provokes urin, Expel gravel and the Stone.

medied by a more frequent uſe of this Herb. If people would have ſawce to their meat, they may take ſome for profit as well as for pleaſure. It is a ſafe Herb very pleaſant both to the taſt and ſtomach, helping digeſtion, and in ſome ſort opening the Obſtructions of the Liver and ſpleen, provoking Urine, and helping thereby to waſh away the Gravel and Stone ingendred in the Kidneys or Bladder.

Sanicle.

Deſcription. *ORdinary Sanicle ſendeth forth many great round Leaves ſtanding upon long browniſh ſtalks every one ſomewhat deeply cut or divided into five or ſix parts, and ſome of thoſe alſo cut in, ſomewhat like the Leaf of Crows-foot or Doves-foot, and finely dented about the edges, ſmooth, and a dark green ſhining color, and ſometimes reddiſh about the Brims, from among which riſeth up ſmall round green ſtalks, without any joynt or Leaf thereon, ſaving at the top, where it branceth forth into flowers, having a Leaf divided into three or four parts at that joynt with the flowers, which are ſmall and white, ſtarting out of ſmall round greeniſh yellow heads, many ſtanding together in a tuft, in which afterward are the ſeeds contained, which are ſmall round Burs, ſomewhat like the ſeeds of Cleavers, and ſtick in the ſame manner upon any thing that they touch: The Root is compoſed of many black ſtrings, or fibres ſet together, at a little long head, which abideth with the green Leaves all the Winter, and periſh not.*

Place. It is found in many ſhadowy Woods, and other places of this Land.

Time. It flowereth in *June*, and the ſeed is ripe ſhortly after.

Government and Vertues. This is one of *Venus* her Herbs to cure either Wounds, or what other miſchief *Mars* inflicteth upon the Body of Man. It is exceeding good to heal all green Wounds ſpeedily, or any Ulcers, Impoſthumes, or bleedings inwardly: It doth wonderfully help thoſe that have any Tumors in any part of their Bodies, for it repreſſeth and diſſipateth the Humors, if the Decoction or Juice thereof be taken, or the Powder in drink, and the Juice uſed outwardly; for there is not found any Herb that can give you ſuch preſent help either to Man or Beaſt when the Diſeaſe falleth upon the Lungs or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat, and Privities, by gargling or waſhing with the Decoction of the Leaves and Root, made in Water, and a little Honey put thereto. It helpeth to ſtay Womens Courſes, and all other Fluxes of blood either by the Mouth, Urine, or ſtool, and Laſks of the Belly, the Ulceration of the Kidneys alſo, and the pains in the Bowels, and Gonorrhæa or Running of the Reins, being boyled in Wine or Water, and drunk: The ſame alſo is no

Green Wounds, ulcers, Impoſtume, inward bleeding, ſwellings, ulcers in the mouth, Throat & privities, Womens Courſes, Fluxes of Blood, Laſks, ulcers, in the Kidneys, Running of the Reins, Rupture,

leſs

leſs powerful to help any Ruptures or Burſtings, uſed both inwardly and outwardly: and briefly, it is effectual in binding, reſtraining, conſolidating, heating, drying, and healing; as Comfry, Bugle, Self-heal, or any other of the Conſounds, or Vulnerary Herbs whatſoever.

Saraſens Gonſound, *or* Saraſens Wound-wort.

Deſcription. *THis groweth very high ſometimes with browniſh ſtalks, and other whiles with green and hollow to a mans height, having many long and narrow green Leaves ſnip'd about the edges, ſomewhat like thoſe of the Peach-tree, or Willow leaves, but not of ſuch a white green color: The tops of the ſtalks are furniſhed with many paley ſtar-like flowers ſtanding in green heads, which when they are fallen, and the ſeed ripe, which is ſomewhat long, ſmall, and of a yellowiſh brown color wrapped in down, is therewith carried away with the wind: The Root is compoſed of many ſtrings or fibres, ſet together at a head, which periſheth not in Winter, but abideth, although the ſtalks dry away, and no leaf appeareth in Winter. The taſte hereof is ſtrong, and unpleaſant, and ſo is the ſmell alſo.*

Place. It groweth in moiſt and wet grounds, by Wood ſides, and ſometimes in the moiſt places of the ſhady Groves, as alſo by the Water ſide.

Time. It flowereth in *July*, and the ſeed is ſoon ripe and carried away with the Wind.

Government and Vertues. *Saturn* owns the Herb, and 'tis of a ſober condition like him. Among the *Germans*, this Wound-Herb, is preferred before all others of the ſame quality. Being boyled in Wine and drunk, it helpeth the indiſpoſition of the Liver, and freeth the Gall from Obſtructions, whereby it is good for the yellow Jaundice, and for the Dropſie in the beginning of it, for all inward Ulcers of the Reins, or elſewhere, and inward Wounds and Bruiſes; And being ſteeped in Wine and then diſtilled, the water thereof drunk is ſingular good to eaſe all gnawing in the ſtomach, or other pains of the Body, as alſo the pains of the Mother: And being boyled in Water it helpeth continual Agues; and this ſaid water, or the ſimple water of the Herb diſtilled, or the Juyce, or Decoction, are very effectual to heal any green wound, or old Sore, or Ulcer whatſoever, cleanſing them from corruption, and quickly healing them up: It is no leſſe effectual for the Ulcers in the Mouth or Throat, be they never ſo foul or ſtinking, by waſhing and gargling them therewith; and likewiſe for ſuch ſores as happen in the privy parts of Man or Woman; Briefly, whatſoever hath been ſaid of Bugle or Sanicles, may be found herein.

Obſtructions, Yell. Jaundice, Dropſie, Ulcers of the Reins, inward wounds and bruiſes, Pains in the Body, Mother, Agues, green wounds, Old ſores or ulcers, ulcers in the Mouth or throat, ſores in the privy parts.

Such as would Cure all Diſeaſes, let them read theſe Books of mine, of the laſt Edition, *viz. Riverius, Riolanus, Johnſton, Veſlingus, Sennertus, and Phyſick for the Poor,*

Sawce

Sawce alone, *or* Jack by the Hedge.

Description. *THe lower Leaves of this are rounder than those that grow towards the tops of the stalks, and are set singly one at a joynt, being somewhat round and broad, and pointed at the ends, dented also about the edges, somewhat resembling Nettle-leaves for the form, but of a fresher green color, and not rough or pricking: The flowers are very small and white, growing at the tops of the stalks one above another, which being past, there follow small and long round Pods, wherein are contained, small round seed, somewhat blackish. The Root is stringy and threddy, perishing every year after it hath given seed, and raiseth it self again of its own sowing. The plant, or any part thereof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.*

Place. It groweth under Walls, and by Hedge sides, and pathwayes in Fields, in many places.

Time. It flowereth in *June*, *July*, and *August*.

Government and Vertues. It is an Herb of *Mercury*. This is eaten by many Country people as Sawce to their Salt-fish, and helpeth well to digest the Crudities and other corrupt Humors ingendred thereby; it warmeth also the stomach, and causeth digestion: The juice thereof boiled with Honey, is accounted to be as good as Hedge-mustard for the Cough to cut and expectorate the tough flegm. The seed bruised and boyled in wine, is a singular good Remedy for the Wind Cholick, or the stone, being drunk warm: It is also given to Women troubled with the Mother, both to drink, and the Seed put into a cloth and applied while it is warm, is of singular good use. The leaves also or seed boiled, is good to be used in Clysters to ease the pains of the stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

Helps digestion, Cough, Tough, Flegm, Wind-Chollick, Stone, Ulcers in the Legs.

Winter, *and* Summer Savory.

BOth these are so well known, (being entertained as constant inhabitants in our Gardens) that they need no Description.

Government and Vertues. *Mercury* claims the dominion over this herb, neither is there a better Remedy against the Chollick and Iliack passions than this Herb; keep it dry by you all the year if you love your selves, and your ease, as 'tis an hundred pound to a penny if you do not: keep it dry, make Conserves and Syrups of it for your use; and withall, take notice that the Summer kind is the best. They are both of them hot and dry, especially the Summer kind, which is both sharp and quick in taste, expelling wind in the stomach and Bowels, and is a present help for the rising of the Mother procured by Wind, provoketh Urine and Womens Courses, and is much

Chollick, Iliack passion, Expelleth Wind, Mother, provoks Urine and Womens Courses, Tough flegm, Lethargy, Dull.

much commended for Women with Child to take inwardly, and to smell often unto. It cutteth tough Flegm in the Chest and Lungs, and helpeth to expectorate it the more easily: quickneth the dull Spirits in the Lethargy, the juyce thereof being snuffed, or cast up into the Nostrils: The juyce dropped into the Eyes, cleareth a dull sight, if it proceed of thin cold Humors distilling from the Brain.

Sight, Singing in the Ears, and deafness, Sciatica, and Palsie, Stinging of bees, &c.

The juyce heated with a little Oyl of Roses, and dropped into the Ears, easeth them of the Noise and singing in them, and of Deafness also: Outwardly applied with Wheat flour in manner of a pultis, it giveth ease to the Sciatica and Palsied Members, heating and warning them: and taketh away their pains. It also taketh away the pain that comes of stinging by Bees, Wasps, &c.

Savin.

TO describe a Plant so well known is needless, it being nursed up almost in every Garden, and abiding green all the Winter.

Government and Vertues.] It is under the Dominion of *Mars*, being hot and dry in the third degree, and being of exceeding clean parts, is of a very digesting quality. If you dry the Herb into Powder, and mix it with Honey, it is an excellent Remedy to cleanse old filthy Ulcers and Fistulaes: but it hinders them from healing. The same is excellent good to break Carbuncles and Plague-sores; also helpeth the Kings-Evil, being applied to the place: being spread upon a piece of Leather, and applied to the Navel, kils the worms in the Belly; helps Scabs and the Itch, running Sores, Cankers, Tetters and Ringworms; and being applied to the place, may happily cure Venereal Sores. This I thought good to speak of, as it may safely be used outwardly: for inwardly it cannot be taken, without manifest danger.

Ulcers cleanseth, Fistulaes, Carbuncles, Plague-sores, Kings-Evil, Worms, Scabs, Itch, running Sores, Cankers, Tetters, Ringworms, Venereal Sores.

The Common white Saxifrage.

Description THis hath a few small reddish Kernels of Roots, covered with some skins lying among divers small blackish Fibres, which send forth divers round, faint, or yellowish green Leaves, and greyish underneath, lying above the ground unevenly dented about the edges, and somewhat hairy, every one upon a little Foot-stalk, from whence riseth up a round brownish, hairy, green stalk, two or three foot high, with a few such like round Leaves as grow below, but smaller, and somewhat branched at the top, whereon stand pretty large white flowers of five Leaves apiece, with some yellow threds in the middle, standing in a long crested brownish green husk: After the flowers are past, there ariseth sometimes a round hard head, forked at the top, wherein is contained small blackish seed, but usually they fall away without any seed: and it is the Kernels or Grains of the Root which are usually called the White Saxifrage seed, and so used.

Place. It groweth in many places of our Land, as well in the lower

moiſt, as in the upper dry corners of Meadows, and graſſie ſandy places: It uſed to grow neer *Lambs* Conduit, on the back-ſide of *Grays-Inn*.

Time.] It flowereth in *May*, and is then gathered as well for that which is called the ſeed, as to diſtil, for it quickly periſheth down to the ground when any hot weather comes.

Government and Vertues.] It is very effectual to cleanſe the reins and Bladder, and to diſſolve the ſtone ingendered in them, and to expel it and the Gravel by Urin, to provoke Urin alſo being ſtopped, and to help the Strangury: for which purpoſes the Decoction of the Herb or Roots in white Wine, or the Powder of the ſmall kernelly Root, which is called the Seed, taken in white Wine or in the ſame Decoction made with white Wine, is moſt uſual. The diſtilled VVater of the whole Herb, Roots, and Flowers, is moſt familiar to be taken. It provoketh alſo Womens Courſes, and freeth and cleanſeth the Stomach and Lungs from thick and tough Flegm that troubles them. There are not many better Medicines to break the Stone than this.

Cleanſeth the Reins, Stone, Gravel, Provokes Urine, Womens Courſes, Tough Flegm.

Burnet Saxifrage.

Deſcript. *THe greater ſort of our Engliſh Burnet Saxifrage groweth up with divers long ſtalks of winged Leaves, ſet directly oppoſite one to another on both ſides, each being ſomewhat broad, and a little pointed and dented about the edges, of a ſad green colour. At the tops of the ſtalks ſtand umbels of white flowers, after which comes ſmall and blackiſh Seed. The Root is long and whitiſh, abiding long. Our leſſer Burnet Saxifrage hath much finer Leaves than the former, and very ſmall, and ſet one againſt another, deeply jagged about the edges, and of the ſame colour as the former. The umbels of flowers are white, and the ſeed very ſmall, and ſo is the Root, being alſo ſomewhat hot and quick in taſt.*

Place. Theſe grow in moſt Meadows of this Land, and are eaſie to be found, being well ſought for among the graſs, wherein many times they lie hid ſcarcely to be diſcerned.

Time. They flower about *July*, and their ſeed is ripe in *Auguſt*.

Government and Vertues. They are both of them Herbs of the *Moon*. Theſe Saxifrages are as hot as Pepper; and *Tragus* ſaith by his Experience, That they are wholſome. They have the ſame properties that the Parſleys have, but in provoking Urin, and eaſing the pains thereof, or of the Wind and Colick, are much more effectual. The Roots or Seed being uſed either in Powder, or in Decoction, or any other way: and likewiſe helpeth the windy pains of the Mother, and to procure their Courſes, to break and avoid the Stone in the Kidnies, to digeſt cold, viſcous, and tough Flegm in the Stomach, and is an eſpecial Remedy againſt all kind of Venom. Caſtoreum being boyled in the diſtilled Water hereof, is ſingular good to be given to thoſe that are troubled

Provoke Urin, eaſe Wind and Colick, Mother, Womens Courſes, Stone, tough Flegm, Venom, Cramps & Convulſions Wound in the Head, Freckles and Spots.

troubled with Cramps and Convulſions, ſome do uſe to make the ſeed into Comfits (as they do Caraway Seed) which is effectual to all the purpoſes aforeſaid. The Juyce of the Herb dropped into the moſt grievous Wounds of the Head drieth up their moiſture, and healeth them quickly. Some women uſe the diſtilled Water, to take away Freckles or Spots in the Skin or Face: & to drink the ſame ſweetned with Sugar for all the purpoſes aforeſaid.

Scabious, three ſorts.

Deſcription. *Common* Field Scabious *groweth up with many hairy ſoft whitiſh green Leaves, ſome whereof are but very little, if at all jagged on the edges, others very much rent and torn on the ſides, and have threds in them, which upon the breaking may be plainly ſeen: from among which riſe up divers hairy green ſtalks three or four foot high, with ſuch like hairy green leaves on them, but more deeply and finely divided, branched forth a little: At the tops hereof, which are naked and bare of leaves for a good ſpace, ſtand round Heads of flowers of a pale blewiſh colour, ſet together in a head, the uttermoſt whereof are larger than the inward, with many thrids alſo in the middle, ſomewhat flat at the top, as the head with ſeed is likewiſe: The Root is great, white, and thick, growing down deep in the ground, and abideth many years.*

There is another ſort of Field Scabious *different in nothing from the former, but onely it is ſmaller in all reſpects.*

The Corn Scabious, *is different little from the firſt, but that it is greater in all reſpects, and the flowers more declining to purple: And the Root creepeth under the upper cruſt of the Earth, and runneth not deep in the ground as the firſt doth.*

Place.] The firſt groweth moſt uſually in Meadows, eſpecially about *London* every where.

The ſecond in ſome of the dry Fields about this City, but not ſo plentifully as the former.

The third, in ſtanding Corn, or Fallow Fields, and the borders of ſuch like Fields.

Time.] They flower in *June* and *July*, and ſome abide flowring until it be late in *Auguſt*, and the ſeed is ripe in the mean time.

There are many other ſorts of *Scabious*, but I take theſe which I have here deſcribed to be moſt familiar with us; The Vertues both of theſe and the reſt being much alike, take them as followeth.

Government and Vertues. *Mercury* owns the Plant.

Scabious is very effectual for all ſorts of Coughs, Shortneſs of Breath, and all other Diſeaſes of the Breaſt and Lungs, ripening and digeſting cold Flegm, and other tough Humors, voiding them forth by Coughing and ſpitting: It ripeneth alſo all ſorts of inward Ulcers & Impoſthumes, the Pleuriſie alſo, if the Decoction of the Herb dry or green be made in Wine, and drunk for ſome time together: four ounces of the clarified Juyce of *Scabious* taken in the morning faſting

Cough & ſhortneſs of Breath, Cold flegm, Inward ulcers and Impoſtumes, Pleuriſie, Infection, Carbuncles or Plague ſores.

Pains or Stitches in the ſide, Scabs, Tetters, Ringworms, Itch, inward Wounds, cold Swellings, ſhrunk Sinews, Freckles and Pimples, Morphew and Leproſie, Dandrif and Scurf, Green wounds, old Sores and Ulcers, Splinters, Thorns, and broken Bones, &c.

faſting, with a dram of Methridate, or Venice Treacle, freeth the Heart from any Infection of Peſtilence, if after the taking of it, the party ſweat two hours in bed, and this Medicine be again and again repeated, if need require. The green Herb bruiſed and applied to any Carbuncle or Plague-ſore, is found by certain Experience to diſſolve or break it in three hours ſpace. The ſame Decoction alſo drunk, helpeth the pains and ſtitches in the ſides. The Decoction of the Roots taken for forty daies together, or a dram of the Powder of them taken at a time in Whey, doth (as *Mathiolus* ſaith) wonderfully help thoſe that are troubled with running or ſpreading Scabs, Tetters, or Ringworms, yea, though they proceed of the French Pox; which he ſaith he hath tried by Experience. The Juyce or Decoction drunk, helpeth alſo Scabs and breakings out of Itch, and the like. The Juyce alſo made up into an Oyntment and uſed, is effectual for the ſame purpoſe. The ſame alſo helpeth all inward wounds by the drying, cleanſing, and healing quality therein. A Syrup made of the Juyce and Sugar, is very effectual to all the purpoſes aforeſaid, and ſo is the diſtilled water of the Herb and Flowers made in due ſeaſon; eſpecially to be uſed when the green Herb is not in force to be taken. The Decoction of the Herb and Roots outwardly applied, doth wonderfully help all ſorts of hard or cold Swellings in any part of the body; and is as effectual for any ſhrunk Sinew or Vein. The Juyce of Scabious made up with the Powder of Borax and Camphire, cleanſeth the Skin of the Face or other parts of the body, not only from Freckles & Pimples, but alſo from Morphew and Leproſie. The Head waſhed with the ſame Decoction, cleanſeth it from Dandriff, Scurf, Sores, Itch, and the like, being uſed warm. Tents alſo dipped in the Juyce or Water thereof, not only healeth all green wounds, but old Sores and Ulcers alſo. The Herb alſo bruiſed and applied, doth in ſhort time looſen, and cauſe to be drawn forth any Splinter, broken Bone, Arrow-head, or other ſuch like thing lying in the fleſh.

Scurvy-graſs.

Deſcript.] *Our ordinary Engliſh Scurvy-graſs hath many thick fat Leaves, more long than broad, and ſometimes longer and narrower, ſometimes alſo ſmooth on the edges, and ſometimes a little waved, ſometimes plain, ſmooth, and pointed, ſometimes a little hollow in the middle, and round pointed, of a ſad green, and ſometimes a blewiſh colour, every one ſtanding by it ſelf upon a long footſtalk, which is brownish or greeniſh alſo; from among which riſe ſmall ſlender ſtalks, bearing a few Leaves thereon like the other, but longer and leſſer for the moſt part. At the tops whereof grow many whitiſh Flowers with yellow thrids in the middle, ſtanding about a green Head which becometh the Seed-veſſel, which will be ſomewhat flat when it is ripe, wherein is contained reddiſh ſeed taſting ſomewhat hot. The Root is made of many white ſtrings,*

which

which ſtick deeply in the mud, wherein it chiefly delighteth: yet it will well abide in the more upland and drier Grounds, and taſteth a little brackiſh or ſalt, even there, but not ſo much as where it hath the Salt-water to feed upon.

Place.] It groweth all along the *Thames* ſide, both on the *Eſſex* and *Kentiſh* ſhores, from *Woolwich* round about the Sea Coaſts to *Dover*, *Portſmouth*, and even to *Briſtol*, where it is had in plenty: the other with round Leaves groweth in the Marſhes in *Holland* in *Lincolnſhire*, and other places of *Lincolnſhire* by the Sea ſide.

Deſcript. There is alſo another ſort called *Dutch Scurvy-graſs*, which is moſt known and frequent in Gardens, which hath divers freſh, green, and almoſt round Leaves riſing from the Root, nothing ſo thick as the former: yet in ſome rich ground very large, even twice ſo big as in others, not dented about the edges, nor hollow in the middle, every one ſtanding on a long footſtalk: from among theſe riſe up divers long, ſlender, weak ſtalks, higher than the former, and with more white Flowers at the tops of them, which turn into ſmaller pods, and ſmaller browniſh ſeed than the former. The Root is white, ſmall and thriddy. The taſt of this is nothing ſalt at all, but hath an hot aromatical ſpicy taſt.

Time.] It flowereth in *April* or *May*, and giveth ſeed ripe quickly after.

Government and Vertues.] It is an Herb of *Jupiter*. The Engliſh Scurvy-graſs is more uſed for the ſalt taſt it beareth, which doth ſomewhat open and cleanſe: but the Dutch Scury-graſs is of better effect, and chiefly uſed (if it may be had) by thoſe that have the Scurvy, eſpecially to purge and cleanſe the blood, the Liver and the Spleen, for all which diſeaſes it is of ſingular good effect, by taking the Juyce in the Spring every morning faſting in a Cup of drink. The Decoction is good for the ſame purpoſe, and the Herb tunned up in new drink, either by it ſelf or with other things: for it openeth Obſtructions, evacuateth cold, clammy and flegmatick humors both from the Liver and the Spleen, waſting and conſuming both the Swelling and hardneſs thereof, and thereby bringing to the body a more lively colour. The Juyce alſo helpeth all foul Ulcers and Sores in the Mouth, if it be often gargled therewith: and uſed outwardly, cleanſeth the skin from ſpots, marks, or ſcars that happen therein.

Scurvy, Liver and Spleen, flegmatick Humors, foul Ulcers and ſore Mouths, Spots and Scars in the skin.

Self-heal.

It is alſo called Prunel, Carpenters Herb, Hook-heal, and Sicklewort.

Deſcript.] *THe common Self-heal is a ſmall low creeping Herb, having many ſmal rouvaiſh pointed Leaves, ſomewhat like the leaves of wild Mint, of a dark green colour, without any dents on the edges: from among which riſe divers ſquare hairy ſtalks, ſcarce a foot high, which ſpread ſometimes into branches, with divers ſmall Leaves ſet thereon, up to the*

tops, where ſtand brown ſpiked Heads, of many ſmall browniſh Leaves like ſcales and flowers ſet together, almoſt like the Head of Caſſidony, which flowers are gaping, and of a blewiſh purple, or more pale blew, in ſome places ſweet, but not ſo in others. The Root conſiſts of many ſtrings or fibres downward, and ſpreadeth ſtrings alſo whereby it increaſeth. The ſmall ſtalks with the Leaves creepi g upon the ground, ſhoot forth fibres taking hold of the ground, whereby it is made a great tuft in ſhort time.

Place. It is found in Woods and Fields every where.

Time. It flowereth in *May*, and ſometimes in *April.*

Government and Vertues. Here is another Herb of *Venus*, Self-heal, whereby when you are hurt, you may heal your ſelf: 'tis indeed a ſpecial Herb for inward and outward Wounds, take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaiſters for outward. As Self-heal is like Bugle in form, ſo alſo in the qualities and Vertues, ſerving for all the purpoſes whereto Bugle is applied with good ſucceſs either inwardly or outwardly, for inward Wounds or Ulcers whereſoever within the body, for Bruiſes and Falls, and ſuch like hurts. If it be accompanied with Bugle, Sanicle, and other the like Wound-herbs, it will be the more effectual, and to waſh or inject into Ulcers in the parts outwardly where there is cauſe to repreſs the heat and ſharpneſs of humors flowing to any ſore Ulcer, Inflamation, Swelling, or the like; or to ſtay the Flux of blood in any Wound or Part: this is uſed with good ſucceſs; as alſo to cleanſe the foulneſs of Sores, and cauſe them more ſpeedily to be healed. It is an eſpecial Remedy for all green Wounds to ſodder the lips of them, and to keep the place from any further inconveniences. The Juyce hereof uſed with Oyl of Roſes to anoint the Temples and Forehead, is very effectual to remove the Headach: and the ſame mixed with Honey of Roſes, cleanſeth and healeth all Ulcers in the Mouth and Throat, and thoſe alſo in the ſecret parts. And the Proverb of the Germans, French, and others, is verified in this, *That he needeth neither Phyſitian nor Chirurgion that hath* Self-heal *and* Sanicle *to help himſelf.*

Inward Wounds and Ulcers, Bruiſes, Flux of Blood, foul Sores, green Wounds, Headach, Sores in the Mouth or Throat, and Secret parts.

The Service-Tree.

IT is ſo well known in the places where it grows, that it needeth no Deſcription.

Time. It flowereth before the end of *May*, and the Fruit is ripe in *October.*

Government and Vertues. *Services* when they are mellow, are fit to be taken to ſtay Fluxes, Scouring, and Caſting: yet leſs than Medlars. If they be dried before they be mellow, and kept all the year, they may be uſed in Decoction for the ſaid purpoſe, either to drink, or to bathe the parts requiring it: and is profitably uſed in that manner to ſtay the bleeding of Wounds, and at the Mouth or Noſe,

Fluxes, Scouring and Caſting, bleeding at Wounds, or at Mouth & Noſe,

Noſe,

Noſe, to be applied to the Forehead and Nape of the Neck: and is under the Dominion of *Saturn*.

Shepheards-Purſe.

IT is alſo called Whoremans-Permacity, Shepheards-Scrip, Shepheards-Pouch, Toy-wort, Pick-purſe, and Caſe-weed.

Deſcript. *The Root is ſmall, white, and periſheth every year. The Leaves are ſmall and long, of a pale green colour, and deeply cut in on both ſides: amongſt which ſpringeth up a ſtalk which is ſmall and round, containing ſmall Leaves upon it even to the top. The flowers are white, and very ſmall: after which come the little caſes which hold the ſeed, which are flat, almoſt in the form of a Heart.*

Place.] They are frequent in this Nation, almoſt by every Paths ſide.

Time.] They flower all the Summer long, nay, ſome of them are ſo fruitful, that they flower twice a year.

Government and Vertues.] It is under the Dominion of *Saturn*, and of a cold, dry, and binding Nature like to him. It helps all fluxes of blood either cauſed by inward or outward wounds; as alſo Flux of the Belly and bloody Flux, ſpitting and piſſing of blood, ſtops the Terms in Women, being bound to the Wriſts of the Hands, and the Soles of the Feet, it helps the yellow Jaundice. The Herb being made into a Pultis helps Inflamations, and St. Anthonies fire. The Juyce being dropped into the Ears, helps the pains, noiſes, and matterings thereof. A good Oyntment may be made of it for all Wounds, eſpecially Wounds in the Head.

Stop Fluxes, Flux of the Belly, ſpitting and piſſing Blood, Terms ſtops, yellow Jaundice, pains, noiſe, and Matterings in the Ears, Wounds.

Smallage.

THis is alſo very well known, and therefore I ſhall not trouble the Reader with any Deſcription thereof.

Place. It groweth naturally in wet and Marſh Grounds: but if it be ſown in Gardens, it there proſpereth very well.

Time. It abideth green all the Winter, and ſeedeth in *Auguſt*.

Government and Vertues. It is an Herb of *Mercury*. Smallage is hotter, drier, and much more medicinable than Parſley, for it much more openeth Obſtructions of the Liver and Spleen, rarifieth thick Flegm, and cleanſeth it and the blood withal. It provoketh Urin and Womens Courſes, and is ſingular good againſt the yellow Jaundice. It is very effectual againſt Tertian and Quartan Agues, if the Juyce thereof be taken: but eſpecially made into a Syrup. The Juyce alſo put to Honey of Roſes and Barley water, is very good to gargle the Mouth and Throat of thoſe that have Sores and Ulcers in them, and will quickly heal them. The ſame Lotion alſo cleanſeth and healeth all other foul Ulcers and Cankers

Liver & Spleen, urin and womens Courſes, yellow Jaundice, Agues, ſore Mouths and Throats, Ulcers, and Cankers, wind, Worms,

ſtinking Breath. elſwhere if they be waſhed therewith. The Seed is eſpecially uſed to break and expel wind, to kill VVorms, and to help a ſtinking breath. The Root is effectual to all the purpoſes aforeſaid, and is held to be ſtronger in operation than the Herb, but eſpecially to open Obſtructions, and to rid away any Ague, if the Juyce thereof be taken in VVine, or the Decoction thereof in VVine be uſed.

Sope-wort, *or* Bruiſe-wort.

Deſcript.] *THe Root creepeth under Ground far and near, with many joynts therein, of a brown colour on the outſide, and yellowiſh within, ſhooting forth in divers places many weak round ſtalks, full of joynts, ſet with two Leaves apiece at every one of them on the contrary ſide, which are ribbed ſomewhat like unto Plantane, and faſhioned like the common Field white Campion Leaves, ſeldom having any branches from the ſides of the ſtalks, but ſet with divers Flowers at the top ſtanding in long Husks like the wild Campions, made of five Leaves apiece, round at the ends, and a little dented in the middle, of a pale Roſe colour, almoſt white, ſometime deeper, and ſometimes paler, of a reaſonable good ſcent.*

Place.] It groweth wild in many low and wet Grounds of this Land, by the Brooks and ſides of running VVaters.

Time.] It flowereth uſually in *July*, and ſo continueth all *Auguſt*, and part of *September*, before they be quite ſpent.

Government and Vertues.] *Venus* owns it. The Country-people in divers places do uſe to bruiſe the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs, when they are cut to heal them up again. Some make great boaſt thereof, that it is Diuretical to provoke Urin, and thereby to expel Gravel and the ſtone in the Reins or Kidnies, and do alſo account it ſingular good to avoid Hydropical Waters, thereby to cure the diſeaſe of the Dropſie. And they no leſs extol it to perform an abſolute Cure in the French Pox, more than either *Sarſaparilla*, *Guajacum*, or *China* can do, which how true it is, I leave to others to judge.

Cut Fingers, provokes Urin, expels Gravel and Stone, Dropſie, French Pox.

Sorrel.

OUr ordinary Sorrel which groweth in Gardens, and alſo wild in the Fields, is ſo well known, that it needeth no Deſcription.

Government and Vertues. It is under the Dominion of *Venus*. Sorrel is prevalent in all hot Diſeaſes, to cool any Inflammation and heat of blood in Agues Peſtilential or Cholerick, or ſickneſs and Fainting, riſing from heat, and to refreſh the over-ſpent Spirits with the violence of furious or fiery fits of Agues to quench Thirſt, and procure an Appetite in fainting or decayed ſtomachs: for it reſiſteth the putrefaction of the blood, killeth VVorms, and is a Cordial to the Heart, which the Seed doth more effectually, being

Coaleth Inflammations, and heat of Blood, Agues, quench Thirſt, provoke Appetite, kill Worms, Cordial

more

more drying and binding, and thereby stayeth the hot Fluxes of Womens Courses, or of Humors in the bloody Flux, or Flux of the stomach. The Roots also in a Decoction, or in Powder, is effectual for all the said purposes. Both Roots and Seed as well as the Herb, is held powerful to resist the poyson of the Scorpion. The Decoction of the Roots is taken to help the Jaundice, and to expel Gravel and the stone in the Reins or Kidnies. The Decoction of the Flowers made with Wine and drunk, helpeth the black Jaundice, as also the inward Ulcers of the Body or Bowels. A Syrup made with the Juyce of Sorrel and Fumitory, is a soveraign help to kill those sharp humors that cause the Itch. The Juyce thereof with a little Vinegar serveth well to be used outwardly for the same cause, and is also profitable for Tetters, Ringworms, &c. It helpeth also to discuss the Kernels in the Throat, and the Juyce gargled in the Mouth, helpeth the Sores therein. The Leaves wrapped up in a Colewort leaf, and roasted under the Embers, and applied to a hard Impostume, Botch, Boyl, or Plague-sore, do both ripen and break it. The distilled water of the Herb is of much good use for all the purposes aforesaid.

Courses, Fluxes, Poyson, Jaundice, Inward ulcers, Itch, Tetters and Ringworms, Kernels in the Throat, sore Mouths, Impostume, Boyl or Plague-sore.

Wood Sorrel.

Descript.] *This groweth low upon the Ground, having a number of Leaves coming from the Root, made of three Leaves like a Trefoyl, but broad at the ends, and cut in the middle, of a faint yellowish green colour, every one standing on a long footstalk, which at their first coming up, are close folded together to the stalk, but opening themselves afterwards, and are of a fine sour relish, and yielding a juyce which will turn red when it is clarified, and maketh a moist dainty clear Syrup. Among these Leaves rise up divers slender weak footstalks, with every one of them a flower at the top, consisting of five small pointed Leaves Star fashion, of a white colour in most places, and in some dash'd over with a small shew of a blewish on the back side only. After the flowers are past, follow small round Heads, with small yellowish seed in them. The Roots are nothing but small strings fastned to the end of a small long piece, all of them being of a yellowish colour.*

Place.] It groweth in many places of our Land, in Woods and VVood-sides, where they be moist and shadowed, and in other places, not too much open to the Sun.

Time.] It flowereth in *April* and *May*.

Government and Vertues.] *Venus* owns it. Wood-sorrel serveth to all the purposes that the other Sorrels do, & is more effectual in hindering the putrefaction of blood, and Ulcers in the Mouth and Body, and in cooling and tempering heats and Inflamations, to quench thirst, to strengthen a weak stomach, to procure an Appetite, to stay Vomiting, and very excellent in any

Ulcers, Inflamations, procure Appetite, stay Vomiting,

Pestilential Feavers, hot Swellings, Canker or Ulcer in the Mouth, Wounds, or Scabs, Defluxions.

any contagious sickness, or Pestilential Feavers. The Syrup made of the Juyce is effectual in all the cases aforesaid, and so is the distilled Water of the Herb also. Spunges or Linnen Cloaths wet in the Juyce, and applied outwardly to any hot Swellings or Inflamations, doth much cool and help them. The same Juyce taken, and gargled in the Mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker or Ulcers therein. It is singular good in Wounds, Thrusts and Stabs in the Body, to stay bleeding, and to cleanse and heal the Wounds speedily; and helpeth to stay any hot Defluxions into the Throat or Lungs.

Sow-Thistles.

SOw-Thistles are generally so well known, that they need no Description.

Place. They grow in our Gardens and manured Grounds, and sometimes by old Walls, the Path-sides of Fields and High-waies.

Government and Vertues. This and the former are under the Influence of *Venus*. Sow-Thistles are cooling and somewhat binding, and

Pains and heat of the Stomach, short Wind and Wheesing, Gravel and Stone, stinking Breath, speedy Delivery, Strangury, Milk increased, Deafness and singing in the Ears, Inflamed Eyes, Wheals and Blisters, Hemorrhoids, clear the Face.

are very fit to cool an hot stomach, & to ease the gnawing pains thereof. The Herb boyled in Wine is very helpful to stay the dissolution of the stomach; and the Milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short winded, and have a wheesing withal, *Pliny* saith, That it hath caused the Gravel and Stone to be voided by Urin, and that the eating thereof helpeth a stinking breath. Three spoonfuls of the Juyce thereof taken in white Wine warmed, and some Oyl put thereto, causeth Women in Travel to have so easie and speedy delivery, that they may be able to walk presently after. The said Juyce taken in warm drink, helpeth the Strangury and pains in making Water. The Decoction of the leaves and stalks, causeth abundance of Milk in Nurses, and their Children to be well coloured, and is good for those whose Milk doth curdle in their Brests. The Juyce boyled or throughly heated with a little Oyl of bitter Almonds in the Peel of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, singings, and all other Diseases in them. The Herb bruised, or the Juyce, is profitably applied to all hot Inflamations in the Eyes, or whersoever else, and for Wheals, Blisters, or other the like Eruptions or heat in the skin; as also for the heat and itching of the Hemorrhoids, and the heat and sharpness of humors in the secret parts of Man or Woman. The distilled Water of the Herb is not onely effectual for all the Diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest stomach wil not refuse) but outwardly, by applying Cloaths or Spunges wetted therein. It is wonderful good for women to wash their Faces therewith, to clear the skin, and give a luster thereto.

SOW-

Southernwood.

SOuthernwood is so well known to be an ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any Description thereof. The Vertues are as followeth.

Time. It flowreth for the most part in *July* and *August.*

Government and Vertues. It is a gallant Mercurial Plant, worthy of more esteem than it hath. *Dioscorides* saith, That the seed bruised, heated in warm Water and drunk, helpeth those that are Burſten, or troubled with Cramps, or Convulsions of the Sinews, the Sciatica, or difficulty in making water, and bringeth down Womens Courses. The same taken in Wine is an Antidote, or Counterpoyson against all deadly Poyson, and driveth away Serpents, and other Venemous Creatures: as also the smell of the Herb being burnt, doth the same. The Oil thereof anointed on the Back-bone before the Fits of Agues come, taketh them away: it taketh away Inflamation in the Eyes, if it be put with some part of a roasted Quince, and boiled with a few crums of bread and applied. Boiled with Barley Meal it taketh away Pimples, Pushes, or Wheals, that rise in the Face or other parts of the Body. The seed as well as the dried Herb is often given to kill the Worms in Children: The Herb bruised and laid to, helpeth to draw forth splinters and thorns out of the flesh. The Ashes thereof drieth up and healeth old Ulcers that are without Inflamation, although by the sharpness thereof it biteth sore, and putteth them to sore pains: as also the sores in the privy parts of Man or Woman. The Ashes mingled with old Sallet Oil, helpeth those that have their Hair fallen, and are bald, causing the Hair to grow again either on the Head or Beard. *Durantes* saith, That the Oil made of Southernwood and put among the Ointments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled water of the Herb is said to help them much that are troubled with the stone, as also for the diseases of Spleen and Mother. The *Germans* commend it for a singular Wound herb, and therefore call it *Stabwort.* It is held by all Writers, Ancient & Modern, to be more offensive to the stomach than wormwood. To cure all Diseases, read my *Riverius, Riolanus, Johnston, Velingus, Sennertus.*

Burſten, Cramps & convulsions, Sciatica, ſtrangury, Womens Courses, poyſons, Agues, Inflamed Eyes, pimples, puſhes, and Wheals, Worms, ſplinters and thorns, old ulcers, ſores in the privities baldneſs, French pox, ſtone, ſpleen and Mother.

Spignell.

Description. *The Roots of common Spignel do spread much and deep in the ground, many strings or branches growing from one Head, which is hairy at the top, of a blackish brown colour on the outside, and white within, smelling well, and of an Aromatical taste; from whence rise six dry long stalks of most fine cut Leaves like hairs, smaller than Dill, set thick on both sides of the Stalks, and of a good scent. Among these Leaves*

rise

riſe up round ſtiff ſtalks, with a few Joynts and Leaves at them, and at the tops an umbel of fine pure white flowers. At the edges whereof ſometimes will be ſeen a ſhew of reddiſh blewiſh color, eſpecially before they be full blown, and are ſucceeded by ſmall ſomewhat round ſeed, bigger than the ordinary Fennel, and of a brown color, divided into two parts, and creſted on the back, as moſt of the Umbelliferous ſeeds are.

Place. It groweth wild in *Lancaſhire*, *Yorkſhire*, and other Northern Countries, and is alſo planted in Gardens.

Government and Vertues. It is an Herb of *Venus*. *Galen* ſaith, The Roots of Spignel are available to provoke Urine and Womens Courſes, but if too much thereof be taken it cauſeth Head ache: The Roots boiled in Wine or Water and drunk, helpeth the Strangury, and ſtoppings of the Urin, the Wind, ſwellings and pains in the Stomach, pains of the Mother, and all Joynt-aches. If the powder of the Roots be mixed with Honey, and the ſame taken as a licking Medicine, it breaketh tough Flegm, and drieth up the Rhewm that falleth on the Lungs. The roots are accounted very effectual againſt the ſtinging or biting of any Venemous Creature, and is one of the Ingredients in Methridate, and other Antidotes for the ſame

Provokes Urin, and Womens Courſes, ſtrangury, pain in the ſtomach, Mother, Joynt-aches, Tough flegm, Venemous creatures.

Spleen-wort, *or* Ceterach.

Deſcription. *THe ſmooth Spleenwort from a black, threedy, and buſhy root ſendeth forth many long ſingle Leaves, cut in on both ſides into round dents, almoſt to the middle, which is not ſo hard as that of Polipody, each diviſion being not alwayes ſet oppoſite unto the other, but between each ſmooth, and of a light green on the upper ſide, and a dark yellowiſh roughneſs on the back, folding or rolling it ſelf inward at the firſt ſpringing up.*

Place. It groweth as well upon ſtone walls as moiſt and ſhadowy places about *Briſtol*, and other the Weſt parts plentifully; as alſo on *Framingham* Caſtle, on *Beconsfield* Church in *Barkſhire*, at *Strowde* in *Kent*, and elſwhere, and abideth green all the Winter.

Government and Vertues. *Saturn* owns it. It is generally uſed againſt infirmities of the ſpleen, it helpeth the ſtrangury, and waſteth the ſtone in the Bladder, and is good againſt the yellow Jaundice and the Hiccough; but the uſe of it in Women hindreth Conception. *Mathiolus* ſaith, That if a dram of the duſt that is on the back ſide of the Leaves, be mixed with half a dram of Amber in powder, and taken with the juyce of Purſlane or Plantane, it helps the running of the Reins ſpeedily, and that the Herb or Root being boyled and taken, helpeth all Melancholick Diſeaſes, and thoſe eſpecially that ariſe from the French Diſeaſe. *Camerarius* ſaith, That the Diſtilled Water thereof being drunk is very effectual againſt the ſtone in the Reins and

Spleen, ſtrangury, ſtone, yellow Jaundice, Running of the reins, Melancholy diſeaſes.

and Bladder: and that the Lie that is made of the Aſhes thereof being drunk for ſome time together, helpeth Splenetick Perſons: It is uſed in outward Remedies for the ſame purpoſe.

Star-Thiſtle.

Deſcription. *A Common Star-Thiſtle hath divers long and narrow Leaves lying next the ground, cut or torn on the edges ſomewhat deeply, into many almoſt even parts, ſoft or a little woolly all over the green, among which riſe up divers weak ſtalks parted into many Branches, all lying or leaning down to the ground, that it ſeemeth a pretty Buſh, ſet with divers the like divided Leaves up to the tops, where ſeverally do ſtand long and ſmall whitiſh green heads, ſet with ſharp and long white pricks (no part of the plant being elſe prickly) which are ſomewhat yellowiſh: out of the middle whereof riſeth the Flower, compoſed of many ſmall reddiſh purple threds; and in the Heads after the Flowers are paſt, come ſmall whitiſh round Seed lying down as others do. The Root is ſmall, long and woody, periſhing every year, and riſing again of its own ſowing.*

Place. It groweth wild in the fields about *London* in many places, as at *Mile-end-Green*, in *Finſbury* Fields beyond the Wind-Mils, and many other places.

Time. It Flowreth early, and Seedeth in *July*, and ſometimes in *Auguſt*.

Government and Vertues. This, as almoſt all Thiſtles, are under *Mars*. The Seed of this Star-Thiſtle made into Powder and drunk in Wine, provoketh Urine, and helpeth to break the ſtone, and drive it forth. The Root in Powder and given in Wine and drunk, is good againſt the Plague or Peſtilence, and drunk in the morning faſting for ſome time together, is very profitable for a Fiſtula in any part of the Body. *Baptiſta Sardus* doth much commend the diſtilled Water hereof being drunk, to help the French Diſeaſe, to open Obſtructions of the Liver, and cleanſe the Blood from corrupted Humors, and is profitably given againſt Quotidian or Tertian Agues.

Provokes urine, ſtone, plague, Fiſtula, French Pox, Obſtructions, Agues.

Strawberries.

THeſe are ſo well known thorough this Land, that they need no Deſcription.

Time. They Flower in *May* ordinarily, and the Fruit is ripe ſhortly after.

Government and Vertues. *Venus* owns the Herb. Strawberries when they are green, are cold and dry, but when they are ripe they are cold and moiſt: Ths Berries are excellent good to cool the Liver, the Blood and the Spleen, or an hot Cholerick ſtomach; to refreſh and comfort the fainting ſpirits, and to quench Thirſt: They are good alſo for other Inflammations, yet it is not amiſſe to refrain from

Cool the Liver, Spleen and ſtomach, Quench Thirſt, inflamations, provoke urine, ſtay

the Bloody-flux, and Womens Courſes, panting of the Heart, Yellow Jaundice, ulcers, ſore Mouths or ulcers in the Privities, looſe Teeth, Catarrhs, Defluxions, inflamed Eyes, Puſhes and Wheals, red Face, deformities in the skin, Films over the Eyes.

from them in a Feaver, leaſt by their putrifying in the ſtomach they increaſe the fits. The Leaves and Roots boyled in Wine and water, and drunk, do likewiſe cool the Liver and blood, and aſſwage all Inflamations in the Reins and Bladder, provoke Urin, and allay the heat and ſharpneſs thereof. The ſame alſo being drunk, ſtayeth the bloody Flux, and Womens Courſes, and help the ſwellings of the Spleen. The water of the Berries carefully diſtilled, is a ſoveraign Remedy and Cordial in the panting and beating of the Heart, and is good for the yellow Jaundice. The Juyce dropped into foul Ulcers, or they waſhed therewith, or the Decoction of the Herb and Root doth wonderfully cleanſe and help to cure them. Lotions and Gargles for ſore Mouths, or Ulcers therein, or in the privy Parts, or elſwhere, are made with the Leaves and Roots thereof; which is alſo good to faſten looſe Teeth, and to heal ſpungy foul Gums. It helpeth alſo to ſtay Catarrhs or Defluxions of Rhewm into the Mouth, Throat, Teeth, or Eyes. The Juyce or water is ſingular good for hot and red inflamed Eyes, if dropped into them, or they bathed therewith. It is alſo of excellent property for all Puſhes, Wheals, and other breakings forth of hot and ſharp humors in the Face and Hands, or other parts of the body to bathe them therewith; and to take away any redneſs in the Face, or ſpots, or other deformities in the skin, and to make it clear and ſmooth. Some uſe this Medicine, Take ſo many Strawberries as you ſhall think fitting, and put them into a Diſtil'atory or Body of Glaſs fit for them, which being well cloſed, ſet it in a Bed of Horſ-dung for twelve or fourteen daies, and afterwards diſtil it carefully, and keep it for your uſe. It is an excellent water for hot inflamed Eyes, and to take away any film or skin that beginneth to grow over them, and for ſuch other defects in them as may be helped by any outward Medicine.

Succory.

Deſcript. *THe Garden Succory hath longer and narrower Leaves than Endive and more cut in, or torn on the edges, and the Root abideth many years. It beareth alſo blew Flowers like Endive, and the ſeed is hardly diſtinguiſhed from the ſeed of the ſmooth or ordinary Endive.*

The wild Succory hath divers long Leaves lying on the ground, very much cut in or torn on the edges, on both ſides even to the middle rib ending in a point, ſomtimes it hath a red rib down the middle of the Leaves, from among which riſeth up a hard, round, woody ſtal, ſpreading into many branches, ſet with ſmaller and leſſer divided Leaves on them up to the tops, where ſtand the Flowers, which are like the Garden kind as the ſeed is alſo (only take notice that the Flowers of the Garden kind are gone in one ſunny day, they being ſo cold, that they are not able to endure the beams of the Sun, and therefore moſt delight in the ſhadow) The Root is white, but more hard and woody than the Garden kind. The whole Plant is exceeding bitter.

Place:

Place.] This groweth in many places of our Land, in waſt, untilled, and barren Fields. The other only in Gardens.

Government and Vertues.] It is an Herb of *Jupiter*. Garden Succory, as it is more dry, and leſs cold than Endive, ſo it openeth more. An handful of the Leaves or Roots boyled in Wine or water, and a draught thereof drunk faſting, driveth forth Cholerick and Flegmatick Humors, openeth Obſtructions of the Liver, Gall and Spleen; helpeth the yellow Jaundice, the heat of the Reins, and of the Urin; the Dropſie alſo, and thoſe that have an evil diſpoſition in their bodies, by reaſon of long ſickneſs, evil diet, &c. which the Greeks call Καχέξια, *Cachexia*. A Decoction thereof made with wine and drunk, is very effectual againſt long lingering Agues; and a dram of the Seed in Powder drunk in wine before the fit of the Ague, helpeth to drive it away. The diſtilled water of the Herb and Flowers (if you can take them in time) hath the properties, and is eſpecial good for hot ſtomachs, and in Agues, either peſtilential, or of long continuance, for Swoonings, and paſſions of the Heart, for the heat and Headach in Children, and to the Blood and Liver. The ſaid water, or the Juyce, or the bruiſed Leaves applied outwardly, allay Swellings, Inflamations, St. Anthonies fire, Puſhes, Wheals and Pimples, eſpecially uſed with a little Vinegar; as alſo to waſh peſtiferous Sores. The ſaid water is very effectual for ſore Eyes that are inflamed with redneſs, and for Nurſes breaſts that are pained by the abundance of Milk.

Cholerick and flegmatick Humors, Obſtructions, yell. Jaundice, hot Reins & Urin, Dropſie Agues, paſſions of the Heart, Headach, Swellings and Inflamations, St. Anthonies fire, Wheales and Pimples, inflamed Eyes, too much Milk.

The wild Succory, as it is more bitter, ſo it is more ſtrengthening to the Stomach and Liver.

Stone-Crop, Prick-Madam, *or* Small Houſleek.

Deſcript. *IT groweth with divers trailing branches upon the Ground, ſet with many thick, flat, roundiſh, whitiſh, green Leaves, pointed at the ends. The flowers ſtand many of them together, ſomewhat looſly. The Roots are ſmall, and run creeping under ground.*

Place.] It groweth upon the ſtone Walls, and mud Walls, upon the Tiles of Houſes and Penthouſes, and amongſt Rubbiſh, and in other gravelly places.

Time.] It flowereth in *June* and *July*, and the Leaves are green all the VVinter.

Government and Vertues.] It is under the Dominion of the *Moon*, cold in quality, and ſomething binding, and therefore very good to ſtay Defluxions, eſpecially ſuch as fall upon the Eyes. It ſtops Bleeding both inward and outward, helps Cankers and

Binds, ſtay Defluxions, Bleed-

ding ſtops, Cankers, ſores, Ulcers, Choller, Cholerick Humors, Poyſon, peſtilent Feavers, tertian Agues, Kings-Evil, Knots and Kernels in the Fleſh, Piles.

and all fretting ſores and Ulcers; it abates the heat of choler, thereby preventing Diſeaſes thence ariſing from Cholerick Humors: It expels poyſons much, reſiſteth peſtilential Feavers, being exceeding good alſo for Tertian Agues, you may drink the Decoction of it if you pleaſe for all the foregoing infirmities: It is ſo harmleſs an Herb, you can ſcarce uſe it amiſs; being bruiſed and applied to the place it helps the Kings-Evil, and any other Knots, or Kernels in the Fleſh; as alſo the Piles.

Engliſh Tobacco.

Deſcription. *THis riſeth up with a thick round ſtalk, about two foot high, whereon do grow thick fat green Leaves, nothing ſo large as the other Indian kinds, ſomewhat round pointed alſo, and nothing dented about the edges: The ſtalk brancheth forth, and beareth at the tops divers Flowers ſet on green Husks, like the other, but nothing ſo large; ſcarce ſtanding above the brims of the Husks, round pointed alſo, and of a greeniſh yellow color. The ſeed that followeth is not ſo bright, but larger, contained in the like great heads. The Roots are neither ſo great, nor woody, and periſhing every year with the hard froſts in Winter, but riſeth generally of its own ſowing.*

Place. This came from ſome parts of *Braſile*, as is thought, and is more familiar in our Country than any of the other ſorts; early giving ripe ſeed, which the other ſeldom do.

Time. It flowreth from *June* ſometimes to the end of *Auguſt*, or later, and the Seed ripeneth in the mean time.

Government and Vertues. It is a Martial Plant. It is found by good experience to be available to expectorate tough Flegm from the Stomach, Cheſt, and Lungs. The Juice thereof made into a Syrup, or the diſtilled Water of the Herb drunk with ſome Sugar, or without if you will, or the ſmoke taken by a Pipe as is uſual, but faſting; the ſame helpeth to expell Worms in the ſtomach and Belly, and to eaſe the pains in the Head, or Megrim, and the griping pains in the Bowels: It is profitable for thoſe that are troubled with the ſtone in the Kidnies both to eaſe pains, and by provoking Urine, to expel gravel and the ſtone ingendered therein, and hath been found very effectual to expel windineſs and other Humors which cauſe the ſtrangling of the Mother. The ſeed hereof is very effectual to expel the tooth-ach, and the Aſhes of the burnt Herb, to cleanſe the Gums and make the Teeth white. The Herb bruiſed and applied to the place grieved with the Kings-Evil helpeth it in nine or ten dayes effectually. *Manardus* ſaith, It is a Counter-poyſon againſt the biting of any Venemous Creature;

Tough Flegm, Worms, Megrim, Pains in the Bowels, Gravel & ſtone, Wind, Mother, toothach, Kings-Evil, venemous Creature, Ague, cramps & aches Sciatica, Itch, ſcabs & ulcers, Cankers & foul ſores, lice, freſh, wounds, old ſores, Impoſtums and hard ſwellings.

Creatures; the Herb alſo being outwardly applied to the hurt place. The Diſtilled Water is often given with ſome Sugar before the fit of an Ague to leſſen it, and take it away in three or four times uſing. If the diſtilled Fecies of the Herb having been bruiſed before the Diſtillation, and not diſtilled dry, be ſet in warm dung for fourteen daies, and afterwards hung up in a bag in a Wine Celler; that liquor that diſtilleth therefrom, is ſingular good to uſe for Cramps, Aches, the Gout, and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers and foul ſores whatſoever. The Juyce is alſo good for all the ſaid griefs, and likewiſe to kil Lice in Childrens heads. The green Herb bruiſed and applied to any green wound, cureth any freſh wound or cut whatſoever: and the juyce put into old Sores, both cleanſeth and healeth them. There is alſo made hereof, a ſingular good Salve to help Impoſtumes, hard Tumors, and other ſwellings by blows or falls.

The Tamarisk Tree.

IT is ſo well known in the places where it grows, that it needeth no Deſcription.

Time. It flowreth about the end of *May*, or in *June*, and the ſeed is ripe, and blown away in the beginning of *September*.

Government and Vertues. A gallant *Saturnine* Herb it is, If the Root Leaves, or yong Branches be boiled in Wine or Vinegar, and drunk, and applied outwardly, it is very powerful againſt the hardneſs of the Spleen. The Leaves boiled in Wine and drunk, is good to ſtay the bleeding of the Hemorrhoidal Veins, the ſpitting of blood, and Womens too abounding Courſes, and helpeth the Jaundice, the Cholick, and the bitings of all venemous Serpents, except the Aſp. The Bark is as effectual, if not more, to all the purpoſes aforeſaid, and both it and the Leaves boiled in Wine, and the mouth and the teeth waſhed therewith, helpeth the Toothach; being dropped into the Ears, eaſeth the pains; and is good for the redneſs and watering of the Eyes. The ſaid Decoction with ſome Honey put thereto, is good to ſtay Gangrenes and fretting Ulcers, and to waſh thoſe that are ſubject to Nits and Lice. The wood is very effectual to conſume the Spleen, and therefore to drink out of Cups and Cans made thereof, is good for Splenetick perſons. The Aſhes of the Wood are uſed for all the purpoſes aforeſaid, and beſides, doth quickly help the Bliſters raiſed by burnings or ſcaldings, by fire or water. *Alpinus* and *Veſlingus* do affirm, That the Ægyptians do with as good ſucceſs uſe the wood hereof to cure the French Diſeaſe, as others do *Lignum vitæ*, or *Guajacum*; and give it alſo to ſuch as are poſſeſſed with Leproſie, Scabs, Puſhes, Vlcers, or the like; and is available alſo to help the Dropſie, ariſing from the hardneſs and obſtruction of the Spleen, as alſo for Melancholy, and the black Jaundice that ariſeth thereof.

Spleen, Hemorrhoids, ſpitting Blood, Womens Courſes, Jaundice & Cholick Ven. Serpents, Toothach, pain in the Ears, watering Eyes, Gangrenes, and ulcers, Nits and Lice, Spleen, burning & ſcalding, French pox, Leproſie & ſcabs, dropſie, Melancholy, Black Jaundice.

Garden Tanſie.

GArden Tanſie is ſo well known that it needeth no Deſcription.

Time. It flowreth in *June* and *July.*

Government and Vertues. Dame *Venus* was minded to pleaſure Women with Child by this Herb, for there grows not an Herb fitter for their uſes than this is; it is juſt as though it were cut out for the purpoſe: The Herb bruiſed and applied to the Navel ſtayes miſcarriages, I know no Herb like it for that uſe: Boyled in ordinary Beer, and the Decoction drunk doth the like; and if her Womb be not as ſhe would have it, this Decoction, will make it as ſhe would have it, or at leaſt as ſhe ſhould have it: Let thoſe Women that deſire Children, love this Herb, 'tis their beſt Companion, their Husband excepted. Alſo, it conſumes the Flegmatick Humors the cold and moiſt conſtitution of Winter moſt uſually infects the Body of Man with, and that was the firſt Reaſon of eating Tanſies in the Spring; at laſt the World being over-run with Popery, a Monſter called Superſtition perks up his Head, and as a juſt Judgement of God, obſcures the bright beams of Knowledge by his diſmal looks (Phyſicians ſeeing the Pope and his Imps ſelfiſh, they began to do ſo too) and now forſooth Tanſies muſt be eaten only on Palm and Eaſter Sundaies, and their neighbour dayes: At laſt Superſtition being too hot to hold, and the ſelfiſhneſs of Phyſitians walking in the clouds; after the Fryers and Monks had made the people ignorant, the Superſtition of the time was found out, but the Vertue of the Herb hidden; and now 'tis almoſt, if not altogether, left off: Surely our Phyſitians are beholding to none ſo much as they are to Monks and Fryars; for want of eating this Herb in Spring, maketh people ſickly in Summer, and that makes work for the Phyſitian. If it be againſt any Man or Womans Conſcience to eat a Tanſie in the Spring, I am as unwilling to burden their Conſciences, as I am that they ſhould burden mine: They may boil it in Wine, and drink the Decoction, it will work the ſame effect. The Decoction of the common Tanſie, or the juyce drunk in Wine, is a ſingular Remedy for all the griefs that come by ſtopping of the Urine, helpeth the Strangury, and thoſe that have weak Reins and Kidneyes: It is alſo very profitable to diſſolve and expell Wind in the ſtomach, Belly or Bowels, to procure Womens Courſes, and expel windineſs in the Matrix, If it be bruiſed and often ſmelled unto, as alſo applied to the lower part of the Belly. It is very profitable for ſuch Women as are given to miſcarry in Child-bearing, to cauſe them to go out their full time; It is uſed alſo againſt the ſtone in the Reins, eſpecially to Men. The Herb fried with Egs (as is accuſtomed in the Spring-time) which is called a Tanſie, helpeth to digeſt, and carry downward thoſe bad Humors that trouble the Stomach: The ſeed is very profitably given to children for the Worms, and the juyce in Drink is as effectual. Being boiled in Oil, it is good for the ſinews ſhrunk by Cramps, or pained with cold, if thereto applied.

Diſury,
Strangury,
Reins,
Kidneys,
Wind,
Womb,
Miſcarriage,
Stone,
Stomach,
Worms,
Cramps.

WILD

Wild Tanſie, *or* Silver-weed.

THis alſo is ſo well known that it needeth no Deſcription.

Place. It groweth almoſt in every place.

Time. It flowreth in *June* and *July*.

Government and Vertues. Now Dame *Venus* hath fitted Women with two Herbs of one Name, one to help Conception, the other to maintain Beauty; and what more can be expected of her? What now remains for you but to love your Husbands and not to be wanting to your poor Neighbors? Wild Tanſie ſtayeth the Lask, and all the Fluxes of Blood in Men or Women, which ſome ſay it will do if the green Herb be worn in the ſhooes, ſo it be next the skin; and 'tis true enough that it will ſtop the Terms if worn ſo, and the Whites too for ought I know. It ſtayeth alſo ſpitting or vomiting of blood. The Powder of the dried Herb taken in ſome of the diſtilled Water, helpeth the Whites in Women, but more eſpecially if a little Corall and Ivory in Powder be put to it: It is alſo much commended to help Children that are burſten, and have a Rupture, being boyled in Water and Salt. Being boiled in Wine and drunk, it eaſeth the griping pains of the Bowels, and is good for the Sciatica and Joynt-aches. The ſame boyled in Vinegar, with Honey and Allom, and gargled in the Mouth, eaſeth the pains of the Tooth-ach, faſteneth looſe Teeth, helpeth the Gums that are ſore, and ſetleth the Palate of the Mouth in its place when it is fallen down: It cleanſeth and healeth the Ulcers in the Mouth or ſecret Parts, and is very good for inward Wounds, and to cloſe the Lips of green Wounds: as alſo to heal old, moiſt, corrupt running ſores in the Legs, or elſewhere; Being bruiſed and applied to the ſoles of the feet, and the handwriſts, it wonderfully cooleth the hot fits of Agues, be they never ſo violent. The diſtilled Water cleanſeth the skin of all diſcolorings therein, as Morphew, Sunburning, &c. as alſo Pimples, Freckles, and the like; and dropped into the Eyes, or cloaths wet therein and applied, taketh away the heat, and Inflamations in them.

Flux, Terms, ſtops vomiting of blood, whites, rupture, belly-ach, Sciatica, Joynt-ach, tooth-ach, looſe teeth, Gums, ulcers in the Mouth, Wounds, ſore Legs, Pimples, Freckles, Sun-burning.

Thiſtles.

OF theſe are many kinds growing here in *England*, which are ſo well known, that they need no Deſcription: Their difference is eaſily known by the places where they grow: viz.

Place. Some grow in Fields, ſome in Meadows, and ſome among the Corn: others, on Heaths, Greens, and waſt Grounds in many places.

Time. They all flower in *July* and *Auguſt*, and their Seed is ripe quickly after.

Government and Vertues. Sure *Mars* rules it, it is ſuch a prickly buſineſs. All theſe Thiſtles are good to provoke Urine, and to amend the ſtinking ſmell thereof; as alſo the rank ſmell of the

Diſury,

ſtinking breath, ſtomach. Armpits, or the whole Body, being boyled in wine and drunk; and are ſaid alſo to help a ſtinking Breath, and to ſtrengthen the Stomach. *Pliny* ſaith, That the juyce bathed on the place that wanteth Hair, it being fallen off, will cauſe it to grow again ſpeedily.

The Melancholly Thiſtle.

Deſcription. *IT riſeth up with a tender ſingle hoary green ſtalk, bearing thereon four or five long hoary green Leaves, dented about the edges, the points whereof are little or nothing prickly, and at the top uſually but one head, yet ſometimes from the boſom of the uppermoſt Leaf there ſhooteth forth another ſmaller head, ſcaly and ſomewhat prickly, with many reddiſh purple thrums or threds in the middle, which being gathered freſh, will keep the color a long time, and fadeth not from the ſtalk in a long time, while it perfecteth the Seed, which is of a mean bigneſs lying in the Down. The Root hath many long ſtrings faſtned to the head, or upper part, which is blackiſh and periſh not.*

There is another ſort little differing from the former, but that the Leaves are more green above, and more hoary underneath, and the ſtalk being about two foot high, beareth but one large ſcaly head, with threds and ſeeds as the former.

Place. They grow in many moiſt Meadows of this Land, as well in theſe Southern, as in the Northern Parts.

Time. They Flower about *July*, or *Auguſt*, and their Seed ripeneth quickly after.

Government and Vertues. 'Tis under *Capricorn*, and therefore under both *Saturn* and *Mars*, one rids Melancholy by Sympathy, the other by Antipathy. Their Vertues are but few, but thoſe not to be deſpiſed; for the Decoction of the Thiſtle in Wine being drunk, expels ſuperfluous Melancholy out of the Body, and make a man as merry as a Cricket; ſuperfluous Melancholy cauſeth care, fear, ſadneſs, deſpair, envy, and many evils more beſides; but Religion teacheth to wait upon Gods Providence, and caſt our care upon Him, who careth for us: What a fine thing were it if Men and Women could live ſo? and yet ſeven years cure and fear, makes a man never the wiſer, nor a farthing the richer. *Dioſcorides* ſaith, the Root born about one doth the like, and removes all Diſeaſes of Melancholy. Modern Writers laugh at him, let them laugh that win: my opinion is, That 'tis the beſt Remedy againſt all Melancholy Diſeaſes that grows: They that pleaſe may uſe it.

Melancholly.

Our Ladies Thiſtle.

Deſcription. *OUR Ladies Thiſtle hath divers very large and broad leaves lying on the ground, cut in, and as it were crumpled, but ſomewhat hairy on the edges, of a white green ſhining color, wherein are many lines and ſtrakes of a milky white color running all over, and ſet with many*

many ſharp and ſtiff prickles all about: among which riſeth up one or more ſtrong, round, and prickly ſtalks, ſet full of the like Leaves up to the top, where at the end of every branch, cometh forth a great prickly Thiſtle-like head, ſtrongly armed with pricks, and with bright purple thrums riſing out of the middle of them; after they are paſt, the ſeed groweth in the ſaid heads, lying in a great deal of ſoft white Down, which is ſomewhat flattiſh and ſhining, large and brown. The Root is great, ſpreading in the ground, with many ſtrings, and ſmall fibres faſtned thereto. All the whole Plant is bitter in taſte.

Place. It is frequent on the Bank of almoſt every Ditch.

Time. It flowreth and ſeedeth in *June*, *July*, and *Auguſt*.

Government and Vertues. Our Ladies Thiſtle is under *Jupiter*, and thought to be as effectual as Carduus Benedictus for Agues, and to prevent and cure the infection of the plague, as alſo to open obſtructions of the Liver and Spleen, and thereby is good againſt the Jaundice: It provoketh Urin, breaketh and expelleth the ſtone, and is good for the Dropſie: It is effectual alſo for the pains in the ſides, and many other inward pains and gripings: The ſeed and diſtilled Water are held powerful to all the purpoſes aforeſaid: and beſides, it is often applied both inwardly to drink, and outwardly with cloaths or ſpunges to the Region of the Liver to cool the diſtemperature thereof, and to the Region of the Heart, againſt ſwoonings and paſſions of it. It cleanſeth the blood exceedingly, and in Spring if you pleaſe to boyl the tender Plant (but cut off the prickles, unleſs you have a mind to choak your ſelf) it will change your blood as the ſeaſon changes, and that's the way to be ſafe.

Againſt Agues, Plague, Obſtructions, Liver, Spleen, dropſie, ſtitches in the ſide, Liver.

The Woolly, *or* Cotton Thiſtle.

Deſcript. *This hath many large Leaves lying on the ground, ſomewhat cut in, and as it were crumpled on the edges, of a green color on the upper ſide, but covered over with a long hairy wood, or Cottony Down, ſet with moſt ſharp and cruel pricks; from the middle of whoſe heads of flowers come forth many purpliſh crimſon threds, and ſometimes white, although but ſeldom: The ſeed that followeth in theſe white Downy heads, is ſomewhat large, long, and round, reſembling the ſeed of Ladies-Thiſtle, but paler: the Root is great, and thick, ſpreading much, yet uſually dieth after ſeed-time.*

Place. It groweth on divers Ditch Banks, and in the Corn-fields, and Highwayes, generally throughout the Land; and is often found growing in Gardens.

Time. It flowreth and beareth ſeed about the end of Summer, when other Thiſtles do flower and ſeed.

Government and Vertues. It is a Plant of *Mars*. *Dioſcorides* and *Pliny* write, That the Leaves and Roots hereof taken in drink, helpeth thoſe that

Crick in the Neck, Spaſm, Convulſion, Rickets.

have a Crick in their Neck, that they cannot turn it unleſs they turn their whole Body. *Galen* ſaith, That the Roots and Leaves hereof are good for ſuch perſons that have their Bodies drawn together by ſome Spaſm or Convulſion, or other Infirmities, as the Rickets (or as the Colledge of Phyſicians would have it, the *Rachites*, about which name they have quarrelled ſufficiently) in Children; being a Diſeaſe that hindreth their growth, by binding their Nerves, Ligaments, and whole ſtructures of their Body.

The Fullers Thiſtle, *or* Teaſel.

IT is ſo well known, that it need no Deſcription, being uſed with the Cloathworkers.

The wild Teaſel is in all things like the former, but that the prickles are ſmall, ſoft, and upright, not hooked or ſtiff: and the flowers of this are of a fine bluſh, or pals carnation color, but of the manured kind whitiſh.

Place. The firſt groweth, being ſown in Gardens or Fields for the uſe of Cloathworkers: The other neer Ditches and Cils of Water in many places of this Land.

Time. They flower in *July*, and are ripe in the end of *Auguſt*.

Government and Vertues. It is an Herb of *Venus*. *Dioſcorides* ſaith, That the Root bruiſed and boyled in Wine until it be thick, and kept in a Brazen Veſſel or Pot, and after ſpread as a Salve and applied to the Fundament, doth heal the clefts thereof, as alſo Cankers and Fiſtulaes therein, and alſo taketh away warts and wens. The Juyce of the Leaves dropped into the Ears, killeth worms in them. The diſtilled water of the Leaves dropped into the Eyes, taketh away redneſs and miſts in them that hinder the ſight; and is often uſed by Women to preſerve their Beauty, and to take away redneſs and inflamations, and all other heat or diſcolorings.

Clefts, Cancers, fiſtulaes, warts, wens, worms, in the Ears, ſight, Redneſs in the Face, Inflamation.

Treacle Muſtard.

Deſcription. *IT riſeth up with a hard round ſtalk about a foot high, parted into ſome Branches, having divers ſoft green Leaves ſomewhat long and narrow ſet thereon, waved, but not cut in on the edges, broadeſt towards the ends, and ſomewhat round pointed: the flowers are white that grow at the tops of the branches, ſpike faſhion one above another: after which come large round pouches, parted in the middle with a furrow, having one blackiſh brown ſeed on either ſide, ſomewhat ſharp in taſt, and ſmelling of Garlick, eſpecially in the Fields where it is natural, but not ſo much in Gardens: the Roots are ſmall and threddy, periſhing every year.*

Give me leave here to add Methridate Muſtard, although it may ſeem more properly by the name to belong to the Alphabet M.

Methridate

Methridate Muſtard.

Deſcript. *This groweth higher than the former, ſpreading more and longer branches, whoſe leaves are ſmaller and narrower, ſometimes unevenly dented about the edges. The Flowers are ſmall and white, growing on long branches, with much ſmaller and rounder ſeed veſſels after them, and parted in the ſame manner, having ſmaller brown ſeeds than the former, and much ſharper in taſt. The Root periſheth after ſeed time, but abideth the firſt Winter after the ſpringing.*

Place. They grow in ſundry places of this Land; as half a mile from *Hatfield* by the River ſide under a Hedg as you go to *Hatfield*, and in the ſtreet of *Peckham* on *Surry* ſide.

Time. They Flower and ſeed from *May* to *Auguſt*.

Government and Vertues. Both of them are Herbs of *Mars*. Theſe Muſtards are ſaid to purge the Body both upwards and downwards, and procureth Womens Courſes ſo abundantly, that it ſuffocateth the Birth. It breaketh inward Impoſthumes, being taken inwardly, and uſed in Clyſters, helpeth the Sciatica: The Seed applied doth the ſame. It is an eſpecial Ingredient unto Methridate and Treacle, being of it ſelf an Antidote reſiſting Poyſon, Venom, and Putrefaction. It is alſo available in many caſes for which the common Muſtard is uſed, but ſomewhat weaker.

Purge the Body, Terms provokes, Impoſthumes, Sciatica, Poyſon, Venom, Putrefaction

The Black-Thorn, *or* Sloe-Buſh.

IT is ſo well known, that it needeth no Deſcription.

Place. It groweth in every Country, in the Hedges and Borders of Fields.

Time. It Flowreth in *April*, and ſometimes in *March*, but ripeneth the Fruit after all other Plums whatſoever, and is not fit to be eaten until the Autumn froſt have mellowed them.

Government and Vertues. All the parts of the Sloe-buſh are binding, cooling and drying, and all effectual to ſtay bleeding at the Noſe and Mouth, or any other place; the Lask of the Belly, or Stomach, or the bloody Flux, the too much abounding of Womens Courſes, and helpeth to eaſe the pains of the ſides, Bowels and Guts, that come by over-much ſcouring, to drink the Decoction of the Bark of the Roots, or more uſually the Decoction of the Berries either freſh or dried. The Conſerve is alſo of very much uſe, & more familiarly taken for the purpoſes aforeſaid. But the diſtilled Water of the Flowers firſt ſteeped in Sack for a night, and drawn therefrom by the heat of a *Balneum Anglice* a Bath, is a moſt certain Remedy tried and approved to eaſe all manner of gnawings in the ſtomach, the ſides and Bowels, or any griping pains in any of them, to drink a ſmall quantity when the extremity of pain is upon them. The Leaves alſo

Binds, Cools, dries, Bleeding, Flux, Gnawings in Bowels, and Stomach, Sore Mouth and Throat, Headach.

are good to make Lotions, to gargle and wath the Mouth and Throat, wherein are Swellings, Sores, or Kernels, and to ſtay the Defluxions of Rhewm to the Eyes or other parts, as alſo to cool the heat and Inflamations of them, and to eaſe hot pains of the Head, to bathe the Forhead and Temples therewith. The ſimple diſtilled Water of the Flowers is very effectual for the ſaid purpoſes, and the condenſate juyce of the Sloes. The diſtilled Water of the green Berries is uſed alſo for the ſaid effects.

Thorough-wax, *or* Thorough-leaf.

Deſcript. *Common Thoroughwax ſendeth forth one ſtraight round ſtalk, and ſometimes more, two foot high and better, whoſe lower Leaves being of a blewiſh green colour, are ſmaller and narrower than thoſe up higher, and ſtand cloſe thereto, not compaſſing it; but as they grow higher they do more and more encompaſs the ſtalks, until it wholly (as it were) paſs through them, branching toward the top into many parts, where the Leaves grow ſmaller again, every one ſtanding ſingly, and never two at any joynt. The flowers are very ſmall and yellow, ſtanding in tufts at the Heads of the branches, where afterwards grow the ſeed, being blackiſh, many thick thruſt together. The Root is ſmall, long and woody, periſhing every year after ſeed time, and riſing again plentifully of its own ſowing.*

Place. It is found growing in many Corn fields, and Paſture grounds in this Land.

Time. It flowereth in *July*, and the ſeed is ripe in *Auguſt*.

Government and Vertues. Both this and the former are under the Influence of *Saturn*. Thorough-wax is of a ſingular good uſe for all ſorts of Bruiſes and Wounds either inward or outward, and old Ulcers and Sores likewiſe, if the Decoction of the Herb with water and Wine be drunk, and the places waſhed therewith, or the Juyce or green Herb bruiſed or boyled either by it ſelf, or with other Herbs in Oyl or Hogs greaſe, to be made into an Oyntment to ſerve all the year. The Decoction of the Herb, or the powder of the dried Herb taken inwardly, and the ſame, or the green Leaves bruiſed and applied outwardly, is ſingular good to cure Ruptures and Burſtings, eſpecially in Children, before it be too old. Being alſo applied with a little Flower and Wax to Childrens Navels that ſtick forth, it helpeth them.

Bruiſes, Wounds, Ulcers, Ruptures, Navels ſticking out.

Time.

IT is in vain to deſcribe an Herb ſo commonly known.

Government and Vertues. It is a notable ſtrengthener of the Lungs, as notable a one as grows; neither is there ſcarce a better Remedy growing for that Diſeaſe in Children which they commonly call the Chin-cough, than it is. It purgeth the body of Flegm, and is an excellent Remedy for ſhortneſs of Breath. It kills Worms in the Belly; and being a notable Herb of *Venus*, pro-

Lungs, Chin-cough, Flegm, ſhortneſs of Breath, Worms, Terms provokes, ſafe and ſpeedy Delivery to

vokes the Terms, gives ſafe and ſpeedy Delivery to Women in travel, and brings away the Afterbirth. It is ſo harmleſs, you need not fear the uſe of it. An Oyntment made of it, takes away hot Swellings and Warts, helps the Sciatica, and dulneſs of ſight, takes away the pains and hardneſs of the Spleen; 'tis excellent good for thoſe that are troubled with the Gout, as alſo to anoint the Cods that are ſwelled. It eaſeth pains in the Loins and Hips. The Herb taken any way inwardly comforts the ſtomach much, and expels wind.

Women in Travel, Afterbirth, hot Swellings, Warts, Sciatica, Sight, Spleen, Gout, Cods ſwelled, Loins and Hips, Stomach, Expels Wind.

Wild Time, *or* Mother of Time.

WIld Time alſo is ſo well known, it needs no Deſcription.

Place. It may be found commonly in Commons, and other barren places throughout the Nation.

Government and Vertues. This alſo is under the Dominion of *Venus*, though under the Sign of *Aries*, and therefore chiefly appropriated to the Head. It provoketh Urin and the Terms, and eaſeth the griping pains of the Belly, Cramps, Ruptures, and Inflamations of the Liver. If you make a Vinegar of the Herb as Vinegar of Roſes is made, you may find out the way in my Tranſlation of the *London Diſpenſatory*, and anoint the Head with it, it preſently ſtops the pains thereof. It is excellent good to be given either in a Frenzy or Lethargy, although they are two contrary diſeaſes. It helps ſpitting and piſſing of blood, Coughing and Vomiting: it comforts and ſtrengthens the Head, Stomach, Reins and Womb, expels wind, and break the Stone.

Urin provokes, Terms provokes, pain and gripings of the Belly, Cramp, Ruptures, Inflamations of Liver, pains of the Head, Frenzies, Lethargies, Blood, Coughing, Vomiting, Head ſtrengtheneth, Stomach, Reins, Womb, Wind, Stone.

Tormentil *or* Setfoyl.

Deſcript. *THis hath many reddiſh, ſlender, weak branches riſing from the Root, lying upon the ground, or rather leaning than ſtanding upright, with many ſhort leaves that ſtand cloſer to the ſtalks than Cinquefoyl doth (which this is very like) with the footſtalk encompaſſing the branches in ſeveral places, but thoſe that grow next to the ground are ſet upon long footſtalks, each whereof are like the Leaves of Cinquefoyl, but ſomewhat long and leſſer, and dented about the edges, many of them divided but into five Leaves, but moſt of them into ſevens, whence it is alſo called* Setfoyl: *yet ſome may have ſix, and ſome eight, according to the fertility of the Soyl. At the tops of the branches ſtand divers ſmall yellow Flowers conſiſting of five Leaves, like thoſe of Cinquefoyl, but ſmaller. The Root is ſmaller than Biſtort, ſomewhat thick, but blacker without, and not ſo red within, yet ſometimes a little crooked, having many blackiſh fibres thereat.*

Place. It groweth as well in Woods and ſhadowy places, as in the open

Champion

Champion Country, about the Borders of Fields in many places of this Land, and almoſt in every Broom field in *Eſſex*.

Time. It flowereth all the Summer long.

Government and Vertues. This is a gallant Herb of the *Sun*. Tormentil is moſt excellent to ſtay all kinds of Fluxes of Blood or Humors in man or woman, whether at Noſe, Mouth, Belly, or any wound in the Veins or elſwhere. The Juyce of the Herb or Root taken in drink, not only reſiſteth all Poyſon and Venom of any Creature, but of the Plague it ſelf, and peſtilential Feavers, and contagious Diſeaſes, as the Pox, Meaſles, Purples, &c. expelling the Venom and Infection from the Heart by ſweating, if the green Root be not at hand to be had, the Powder of the dry Root is as effectual, a dram thereof being taken every morning. The Decoction likewiſe of the Herb and Roots made in Wine and drunk, worketh the ſame effect; and ſo doth the diſtilled water of the Herb and Root being ſteeped in Wine for a night, and then diſtilled in *Balneo Mariæ*. The water thus diſtilled taken with ſome Venice Treacle, and the party preſently laid to ſweat, will certainly (with Gods help) expel any Venom or poyſon, or the Plague, Feaver, &c. for it is an Ingredient of eſpecial reſpect in all Antidotes or Counterpoyſons. There is not found any Root more effectual to help any Flux of the Belly, ſtomach, Spleen or blood than this, to be taken inwardly, or applied outwardly. The Juyce taken, doth wonderfully open obſtructions of the Liver and Lungs, and thereby in ſhort ſpace helpeth the yellow Jaundice: ſome uſe to make Cakes hereof as well to ſtay all Fluxes as to reſtrain all Cholerick Belchings, and much Vomitings with loathings in the ſtomach. The powder of the dried Root made up with the white of an Egg, and baked upon a hot Tile will do it. *Andreas Valeſius* is of opinion, that the Decoction of this Root is no leſs effectual to cure the French Pox than *Guajacum* or *China*; and 'tis not unlikely, becauſe it ſo mightily reſiſteth putrefaction. *Lobel* ſaith, that *Rondeletius* uſed it as Hermodactils for Joynt-aches: the powder alſo or Decoction to be drunk, or to ſit therein as a Bath, is an aſſured Remedy againſt Abortion in Women, if it proceed from the over fluxibility or weakneſs of the inward retentive faculty: as alſo a Plaiſter made therewith and Vinegar, applied to the Reins of the Back, doth much help, not only this, but alſo thoſe that cannot hold their VVater, the Powder being taken in the Juyce of Plantane: and it is alſo commended againſt the Worms in Children. It is very powerful in Ruptures and Burſtings; as alſo for Bruiſes and Falls, to be uſed as well outwardly as inwardly. The Root hereof made up with Pellitory of Spain and Allum, and put into an hollow Tooth, not only aſſwageth pain, but ſtayeth the Flux of Humors which cauſed it. Tormentil is no leſs effectual and powerful a Remedy for outward Wounds, Sores and Hurts, than

Flux, Bleeding, Veins cut, Terms ſtops, Feavers, Peſtilence, ſmall Pox, Meaſles, Purples, Poyſon, Spleen, Blood inflamed, Liver, Lungs, Yellow Jaundice, Freſh Pox, Miſcarriage, Diabetes, Worms, Ruptures, Tooth-ach, Wounds, Sores, Hurts, Gout, ſcabby Heads.

than for inward, and is therefore a ſpecial Ingredient meet to be uſed In Wound-drinks, Lotions and Injections for foul corrupt rotten Sores and Ulcers of the Mouth, Secrets, or other parts of the Body. And to put either the Juyce or Powder of the Root into ſuch Oyntments, Plaiſters, and ſuch things that are to be applied to Wounds and Sores. It alſo diſſolveth all Knots, Kernels, and hardneſs gathered about the Ears, and Throat, and Jaws, and the Kings-Evil, if the Leaves and Roots be bruiſed and applied thereto. The ſame alſo eaſeth the pains of the Sciatica or Hip Gout by reſtraining the ſharp Humors that flow thereto. The Juyce of the Leaves and Roots uſed with a little Vinegar, is alſo a ſpecial Remedy againſt the running Sores of the Head or other parts, Scabs alſo and the Itch, or any ſuch Eruptions in the skin proceeding of ſalt and ſharp humors. The ſame alſo is effectual for the Piles or Hemorrhoids, if they be waſhed and bathed therewith, or with the diſtilled Water of the Herb and Roots. It is found alſo helpful to dry up any ſharp Rhewm that diſtilleth from the Head into the Eyes, cauſing redneſs, pain, waterings, itching, or the like, if a little prepared *Tutia* or white *Amber* be uſed with the diſtilled Water thereof. Many Women uſe this Water as a ſecret to help themſelves and others when they are troubled with too much flowing of the Whites or Reds, both to drink it, and inject it with a Syringe. And here's enough, only remember the *Sun* challenge h the Herb.

Turnſole, *or* Heliotropium.

Deſcript. *THe greater Turnſole riſeth up with one upright ſtalk about a foot high, or more, dividing it ſelf almoſt from the bottom into divers ſmaller branches, of a hoary colour: at each joynt of the ſtalk and branches grow two ſmall broad Leaves, ſomewhat white or hoary alſo. At the tops of the ſtalks and branches ſtand many ſmall white flowers, conſiſting of four, and ſometimes five very ſmall Leaves, ſet in order one above another, upon a ſmall crooked ſpike, which turneth inwards like a bowed finger, opening by degrees as the flowers blow open; after which, in their places come forth corner'd ſeed, four for the moſt part ſtanding together. The Root is ſmall and thriddy, periſhing every year, and the ſeed ſhedding every year, raiſeth it again the next Spring.*

Place.] It groweth in Gardens, and Flowereth and ſeedeth with us in *England*, notwithſtanding it is not natural to this Land, but to *Italy*, *Spain* and *France*, where it groweth plentifully.

Government and Vertues.] 'Tis an Herb of the *Sun*, and a good one too. *Dioſcorides* ſaith, that a good hand-ful of this, which is called the great Turnſole, boyled in Water and drunk, purgeth both Choler and Flegm. And boyled with Cummin and drunk, helpeth the ſtone in the Reins, Kidnies or Bladder, provoketh Urin and VVomens Courſes, and cauſeth an eaſie and ſpeedy delivery in Childbirth. The Leaves bruiſed and applied to places pained with the Gout, or that have been out of Joynt and newly ſet, are full of

Choler, Flegm, Stones, Diſury, Terms provokes, Gouts, Warts, Wens, Diſjuments, Sores.

pain

pain, do give much eaſe. The Seed and Juyce of the Leaves alſo being rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the Face, Eye-lids, or any other part of the body, wil by often uſing take them away.

Meadow Trefoyl, *or* Honey-ſuckles.

IT is ſo well known, eſpecially by the name of Honey-ſuckles, white and red, that I need not deſcribe them.

Place. They grow almoſt every where in the Land.

Government and Vertues. *Mercury* hath Dominion over the common ſorts. *Dodoneus* ſaith, the Leaves and Flowers are good to eaſe the griping pains of the Guts, the Herb being boyled and uſed in a Clyſter. If the Herb be made into a Pultis, and applied to Inflamations, it will eaſe them. The Juyce dropped into the Eyes, is a familiar Medicine with many Country-people to take away the Pin & Web (as they call it) in the Eyes: it alſo allayeth the heat and blood-ſhooting of them. Country people do alſo in many places drink the Juyce thereof againſt biting of an Adder, and having boyled the Herb in water, they firſt waſh the place with the Decoction, and then lay ſome of the Herb alſo to the hurt place. The herb alſo boyled in Swines greaſe, and ſo made into an Oyntment, is good to apply to the biting of any venemous Creature. The herb alſo bruiſed and heated between two tiles, and applied hot to the ſhare, cauſeth them to make water who had it ſtopped before. It is held likewiſe to be good for Wounds, and to take away Seed. The Decoction of the herb and flowers with the Seed and Root taken for ſome times, helpeth Women that are troubled with the Whites. The Seed and Flowers boyled in water, and after made into a Pultis with ſome Oyl and applied, helpeth hard Swellings and Impoſthumes.

Belly-ach, Inflaamations, Pin and Web, Eyes.

Venemous Beaſt, Diſury, Wounds, Scars, Whites, Swellings, Apoſtums.

Heart Trefoyl.

BEſides the ordinary ſorts of Trefoyl, here are two more remarkable, and one of which may probably be called Heart-Trefoyl, not only becauſe the leaf is triangular like the heart of a man, but alſo becauſe each leaf contains the perfect Icon of a Heart, and that in its proper color, viz. a fleſh color.

Place. It groweth in a Field between *Longford* and *Bow*, and alſo beyond *Southwark* toward *Croydon*, both in the right way and parts adjacent.

Government and Vertues. It is under the Dominion of the *Sun*, and if it were uſed, it would be found as great a ſtrengthener of the Heart, and cheriſher of the vital Spirit as grows, relieving the Body againſt Faintings, and Swoonings, fortifying it againſt Poyſons and Peſtilence, and defending the Heart againſt the noiſom Vapors of the Spleen.

Heart ſtrengtheneth, vital Spirit, Fainting, Swoonings, Poyſon, Peſtilence, evil Vapors.

PEARL-

Pearl-Trefoyl.

IT differs not from the common sort, save only in this one particular, that it hath a white spot in the Leaf like a Pearl: It is particularly under the Dominion of the *Moon*, and its Icon sheweth that it is of singular Vertue against the Pearl, or Pin and Web in the Eyes.

Pin and Web in the Eyes.

Tutsan, *or* Park Leaves.

Descript. IT *hath many brownish shining round stalks, crested all the length thereof, rising to be two, and sometimes three foot high, branching forth even from the bottom, having divers Joynts, and at each of them two fair large Leaves standing, of a dark blewish green colour on the upper side, and of a yellowish green underneath, turning reddish towards* Autumn, *but abiding on the branches all the Winter: At the tops of the stalks and branches stand large yellow flowers, and Heads with seed, which being greenish at the first, and afterwards reddish, turn to be of blackish purple colour when they are through ripe, with small brownish seed within them, and then yield a redaish juyce or Liquor, of a reasonable good scent, somewhat resinous, and of an harsh and stiptich taste, as the Leaves also and the flowers be, although much less, but do not yield such a cleer Claret Wine Liquor as some say it doth: The Root is brownish, somewhat great, hard, and woody, spreading well in the ground.*

Place. It groweth in many Woods, Groves, and woody Grounds, as Parks and Forrests, and by Hedg sides in many places of this Land, as in *Hamsted* Wood; by *Ratley* in *Essex*, in the Wield of *Kent*, and in many other places needless to recite.

Time.] It flowreth later than St. *Johns*, or St. *Peters Wort.*

Government and Vertues. It is an Herb of *Saturn*, and a most noble Antivenerian. *Tutsan* purgeth Cholerick humors as St. *Peters* wort is said to do, for therein it worketh the same effects, both to help the Sciatica and Gout, and to heal burnings by fire: It stayeth also the bleeding of wounds, if either the green Herb be bruised, or the Powder of the dry be applied thereunto. It hath been accounted, and certainly it is a sovereign Herb to heal any wound or sore either outwardly or inwardly, and therefore alwayes used in Drinks, Lotions, Balms, Oyls, Oyntments for any sort of green wounds, or old Ulcers or sores, in all which the continual experience of former Ages hath confirmed the use thereof to be admirable good, though it be not so much in use now as when Physitians and Chyrurgions were so wise as to use Herbs more than now they do.

Choler, Sciatica, Gout, Burning, Bleeding, wounds, Ulcers.

Garden Valerian.

Descript.] THis *hath a thick short grayish Root lying for the most part above ground, shooting forth on all sides, other such like small*

piece,

pieces or Roots, which have all of them many long and great ſtrings or fibres under them, in the ground, whereby it draweth nouriſhment. From the Heads of theſe Roots ſpring up many green Leaves, which at firſt are ſomwhat broad and long without any diviſion at all in them, or denting on the eages; but thoſe that riſe up after are more and more divided on each ſide, ſome to the middle Rib, being winged, as made of many Leaves together on a ſtalk, and thoſe upon the ſtalk in like manner are more divided, but ſmaller towards the top than below; the ſtalk riſeth to be a yard high or more, ſometimes branched at the top, with many ſmall whitiſh flowers, ſometimes daſhed over at the edges with a pale purpliſh colour, of a little ſcent: which paſſing away there followeth ſmall browniſh white ſeed that is eaſily carried away with the wind. The Root ſmelleth more ſtrong than either Leaf or Flower, and is of more uſe in Medicine.

Place. It is generally kept with us in our Gardens.

Time.] It flowereth in *June* and *July*, and continueth flowering until the froſt pulls it down.

Diſury, Strangury, Stitch, Terms provokes, Breaſt, ſhort Wind, Cough, Flegm, Peſtilence, wind.

Government and Vertues.] This alſo is under the Influence of *Mercury*. *Dioſcorides* ſaith, That the Garden Valerian hath a warming Faculty, and that being dried and given to drink, it provoketh Urin, and helpeth the Strangury: The Decoction thereof taken, doth the like alſo, and taketh away pains of the ſides, provoketh Womens Courſes, and is uſed in Antidotes. *Pliny* ſaith, that the Powder of the Root given in drink, or the Decoction thereof taken, helpeth all ſtoppings and ſtranglings in any part of the Body, whether they proceed of pains in the Cheſt or ſides, and taketh them away. The Root of Valerian boyled with Liquoris, Raiſons, and Annis ſeed, is ſingular good for thoſe that are ſhort winded, and for thoſe that are troubled with the Cough, and helpeth to open the paſſages, and to expectorate Flegm eaſily. It is given to thoſe that are bitten or ſtung by any Venemous Creature, being boyled in Wine, It is of ſpecial Vertue againſt the Plague, the Decoction thereof being drunk, and the Root being uſed to ſmel unto. It helpeth alſo to expel the Wind in the Belly. The green Herb with the Root taken freſh, being bruiſed and applyed to the Head, taketh away the pains and prickings therein, ſtayeth Rhewm and thin Diſtillations, and being boyled in white wine, and a drop thereof put into the Eye, taketh away the dimneſs of the ſight, or any Pin or Web therein: It is of excellent property to heal any inward ſores or wounds, as alſo for outward Hurts or Wounds, and draweth any ſplinter or thorns out of the fleſh.

Head-each, Eyes, Pin and web, Wounds, ſplinters, thorns.

Vervain.

Deſcript. *THe common Vervain, hath ſomewhat long and broad Leaves next the ground deeply gaſhed about the edges, and ſome only deeply dented, or cut all alike, of a blackiſh green colour on the upper ſides and*

and ſomewhat gray underneath: The Stalk is ſquare, branched into ſeveral parts, riſing about two foot high, eſpecially if you reckon the long ſpike of Flowers at the tops of them, which are ſet on all ſides one above another, and ſometimes two or three together, being ſmall and gaping, of a purpliſh blue colour, and white intermixt, after which come ſmall round Seed in ſmall and ſomewhat long Heads: The Root is ſmall and long, but of no uſe.

Place.] It groweth generally throughout this Land in divers places by the Hedges and way ſides, and other waſt grounds.

Time. It flowereth about *July*, and the ſeed is ripe ſoon after.

Government and Vertues.] This alſo is an Herb of *Venus*, and an excellent Herb for the Womb, to ſtrengthen it, and remedy all the cold griefs of it, as Plantane doth the hot, the Herb bruiſed and hung about the Neck, helps the Head-ach. Vervain is hot and dry, bitter, opening Obſtructions, cleanſing, and healing; It helpeth the yellow Jaundice, the Dropſie, and the Gout, the defects of the Reins and Lungs, and generally all inward pains and torments of the Body, the Leaves being boyled and drunk. The ſame is held to be good againſt the bitings of Serpents, and other Venemous Beaſts; and againſt the Plague and both Tertian and Quartan Agues, killeth and expelleth Worms in the Belly, and cauſeth a good colour in the Face and Body, ſtrengtheneth as well as correcteth the Diſeaſes of the Liver and Spleen, is very effectual in all Diſeaſes, of the Stomach and Lungs, Coughs, Shortneſs of Breath, and Wheeſings, and is ſingular good againſt the Dropſie, to be drunk with ſome Peony Seed, bruiſed and put thereto: and is no leſs prevalent for the defects of the Reins and Bladder, to cleanſe them of thoſe Humors that ingender the Stone, and helpeth to break the Stone, and to expel Gravel: It conſolidateth and healeth alſo all Wounds both inward and outward, and ſtayeth bleedings, and uſed with ſome Honey, healeth all old Ulcers and Fiſtulaes in the legs or other parts of the Body, as alſo thoſe Ulcers that happen in the Mouth; or uſed with old Hogs greaſe, it helpeth the ſwellings and pains of the ſecret parts in Man or Woman, as alſo for the Piles and Hemorrhoids: Applied with ſome Oyl of Roſes and Vinegar unto the Forehead and Temples, it eaſeth the inveterate pains and Ach of the Head, and is good for thoſe that are Frantick. The Leaves bruiſed, or the juyce of them mixed with ſome Vinegar doth wonderfully cleanſe the Skin, and taketh away Morphew, Freckles, Fiſtulaes, and other ſuch like Inflamations and deformities of the Skin in any part of the Body. The diſtilled Water of the Herb when it is in his full ſtrength, dropped into the Eyes, cleanſeth them from Films, Clouds, or Miſt, that darken the ſight, and wonderfully ſtrengtheneth the Optick Nerves; The ſaid Water is very powerful in all the Diſeaſes aforeſaid either inward or outward, whether they be old corroding Sores, or green Wounds.

Obſtructions, cleanſing, Healing, Yellow Jaundice, Venemous Beaſts, Peſtilence, Agues, Worms, Cough, Shortneſs of Breath, Wheeſing, ſtone, Gravel, Reins, Bladder, Womb, Dropſie, Bleeding, Wounds, ulcers, Fiſtulaes, Head-ach, Frenzy, Morphew, Freckles, Eyes,

The

The Vine.

THe Leaves of the Engliſh Vine (I do not intend to ſend you to the Canaries for a Medicine) being boyled, make a good Lotion for ſore Mouths, being boyled with Barley Meal into a Pultiſs, it cools Inflamations of Wounds, the droppings of the Vine when 'tis cut in the ſpring, which Country people call Tears, being boyled into a ſyrup with Sugar and taken inwardly, is excellent to ſtay Womens Longings after every thing they ſee, which is a Diſeaſe many Women with Child are ſubject to. The Decoction of Vine Leaves in white Wine doth the like: Alſo the Tears of the Vine drunk, two or three ſpoonfuls at a time, breaks the ſtone in the Bladder. This is a very good Remedy, and it is diſcreetly done to kill a Vine to cure a man: But the ſalt of the Leaves is held to be better. The Aſhes of the burnt branches will make teeth that are black as a coal to be as white as ſnow; if you do but every morning rub them with it. It is a moſt gallant tree of the Sun, very ſympathetical with the body of man; and that's the reaſon ſpirit of wine is the greateſt Cordial amongſt all Vegetables.

Sore Mouths, Inflamations, Womens Longing, Stone, Teeth black.

Violets.

BOth the Tame and Wild are ſo well known, that they need no Deſcription.

Time. They flower until the end of *July*, but are beſt in *March* and the beginning of *April*.

Government and Vertues.] They are a fine pleaſing plant of *Venus*, of a mild nature, no way harmful. All the *Violets* are cold and moiſt while they are freſh and green, and are uſed to cool any heat or diſtemperature of the Body either inwardly or outwardly, as Inflamations in the Eyes; in the Matrix, or Fundament, in Impoſtums alſo, and hot ſwellings, to drink the Decoction of the Leaves or flowers made with water in wine, or to apply them pultis wiſe to the grieved place, it likewiſe eaſeth pains in the Head cauſed through want of ſleep; or in any other place ariſing of heat, being applied in the ſame manner, or with Oyl of Roſes. A dram weight of the dried Leaves or Flowers of Violets (but the Leaves more ſtrongly) doth purge the Body of Cholerick Humors, and aſſwageth the heat being taken in a draught of Wine or any other drink: The powder of the purple Leaves of the Flowers only pickt and dryed, and drunk in Water is ſaid to help the Quinſie, and the Falling-ſickneſs in Children, eſpecially in the beginning of the Diſeaſe. The Flowers of the white Violets ripeneth and diſſolveth ſwellings. The Herb or Flowers while they are freſh, or the Flowers

Inflamation, Eyes, Womb, Headach, Choler, Quinſie, Falling ſickneſs, Swellings, Pleuriſie, Flegm, Hoarſeneſs, Throat, Back, Reins, Bladder, Thirſt, Heart.

Flowers when they are dry, are effectual in the Pleuriſie, and all Diſeaſes of the Lungs, to lenifie the ſharpneſs of hot Rhewms, and the Hoarſneſs of the Throat, the heat alſo and ſharpneſs of Urin, and all pains of the Back or Reins, and the Bladder. It is good alſo for the Liver and the Jaundice, and in all hot Agues to cool the heat and quench the thirſt: but the Syrup of Violets is of moſt uſe, and of better effect, being taken in ſome convenient Liquor; and if a little of the Juyce or Syrup of Lemmons be put to it, or a few drops of the Oyl of Vitriol, it is made thereby the more powerful to cool the heat, and quench the thirſt, and giveth to the drink a Claret Wine color, and a fine tart reliſh, pleaſing the taſt. Violets taken, or made up with Honey, do more cleanſe than cool, and with Sugar contrariwiſe. The dried Flowers of Violets are accounted among the Cordial Drinks, Powders, and other Medicines, eſpecially where cooling Cordials are neceſſary. The green Leaves are uſed with other Herbs, to make Plaiſters and Pultiſſes for Inflamations and Swellings, and to eaſe pains whereſoever, ariſing of heat, and for the Piles alſo, being fried with Yolks of Eggs, and applied thereto.

Vipers Bugloſs.

Deſcript.] *This hath many long rough Leaves lying on the ground, from among which riſe up divers hard round ſtalks, very rough as if they were thick ſet with prickles or hairs, whereon are ſet ſuch like long rough hairy or prickly ſad green Leaves, ſomewhat narrow; the middle Rib for the moſt part being white. The Flowers ſtand at the top of the ſtalks, branched forth into many long ſpiked Leaves of Flowers, bowing or turning like the Turnſole, all of them opening for the moſt part on the one ſide, which are long and hollow, turning up the brims a little, of a purpliſh Violet color in them that are fully blown, but more reddiſh while they are in the Bud, as alſo upon their decay and withering: but in ſome places of a paler purple color, with a long pointel in the middle, feathered or parted at the top. After the flowers are fallen, the ſeeds growing to be ripe, are blackiſh, cornered and pointed ſomewhat like unto the Head of a Viper. The Root is ſomewhat great and blackiſh, and woolly, when it groweth toward ſeed time, and periſheth in the Winter.*

There is another ſort little differing from the former, onely in that it beareth white Flowers.

Place.] The firſt groweth wild almoſt every where. That with white Flowers about the Caſtle walls in *Lewes* in *Suſſex*.

Time.] They flower in Summer, and their Seed is ripe quickly after.

Government and Vertues.] It is a moſt gallant Herb of the *Sun*, it is pity it is no more in uſe than it is. It is an eſpecial Remedy againſt the biting of the Viper, and all other venemous Beaſts or Serpents, as alſo againſt poyſon and poyſonful herbs. *Dioſcorides* and others ſay, that whoſoever ſhall take of the Herb or Root before they be bitten, ſhall not be hurt by the poyſon of any Serpent. The Roots or Seed

Venemous Beaſts, Poyſon, Heart, Sadneſs, Melancholy, Agues, Milk

Loins, Back, Kidnies.

are thought to be moſt effectual to comfort the Heart, and expel ſadneſs, or cauſe leſs Melancholy, it tempers the blood, aod allayeth hot fits of Agues. The Seed drunk in Wine, procureth abundance of Milk in Womens Breaſts. The ſame alſo being taken, eaſeth the pains in the Loins, Back and Kidnies. The diſtilled Water of the Herb when it is in Flower, or his chiefeſt ſtrength, is excellent to be applied either inwardly or outwardly for all the Griefs aforeſaid. There is a Syrup made hereof very effectual for the comforting of the Heart, and expelling Sadneſs and Melancholy.

Wall-Flowers, *or* Winter Gilli-Flowers.

THe Garden kinds are ſo well known, that they need no Deſcription.

Deſcript.] *The common ſingle Wall-Flowers which grow wild abroad have ſundry ſmall, long, narrow, and dark green Leaves, ſet without order, upon ſmall, round, whitiſh, woody ſtalks, which bear at the tops divers ſingle yellow Flowers one above another, every one having four Leaves apiece, and of a very ſweet ſcent: after which come long pods, containing reddiſh ſeed. The Root is white, hard and thriddy.*

Place. It groweth upon Church walls, and old wals of many houſes and other ſtone walls in divers places. The other ſorts in Gardens only.

Time. All the ſingle kinds do flower many times in the end of Autumn, and if the Winter be mild all the winter long, but eſpecially in the months of *February*, *March* and *April*, and uniil the heat of the Spring do ſpend them. But the double kinds continue not flowering in that manner all the year long, although they flower very early ſometimes, and in ſome places very late.

Government and Vertues. The *Moon* rules them. *Galen* in his ſeventh Book of ſimple Medicines, ſaith that the yellow Wall-flowers work more powerfully than any of the other kinds, and is therefore of more uſe in Phyſick. It cleanſeth the blood, and freeth the Liver and Reins from Obſtructions, provoketh Womens Courſes, expelleth the Secundine and dead Child, helpeth the hardneſs and pains of the Mother, and of the Spleen alſo, ſtayeth Inflamations and Swellings, comforteth and ſtrengtheneth any weak part, or out of Joynt: helpeth to cleanſe the Eyes from miſtineſs and Films on them, and to cleanſe foul and filthy Ulcers in the Mouth, or any other part, and is a ſingular Remedy for the Gout, and all Aches and pains in the Joynts and Sinews. A Conſerve made of the Flowers is uſed for a Remedy both for the Apoplexy & Palſie

Obſtructio s, Liver, Terms provokes, Afterbirth, Child, Spleen, weakneſs, Disjuncture, Gout, Sinews, Apoplexy, Palſie.

The Walnut Tree.

ITis ſo well known, that it needeth no Deſcription.

Time.] It bloſſometh early, before the Leaves come forth, and the Fruit is ripe in *September*.

Govern-

Government and Vertues.] This alſo is a Plant of the *Sun*; Let the fruit of it be gathered accordingly, which you ſhall find to be of moſt Vertues whilſt they are green before they have ſhells. The Bark of the Tree doth bind and dry very much, and the Leaves are much of the ſame temperature: but the Leaves when they are older, are heating and drying in the ſecond degree, and harder of digeſtion than when they are freſh, which by reaſon of their ſweetneſs, are more pleaſing, and better digeſting in the ſtomach: and taken with ſweet Wine, they move the Belly downwards: but being old, they grieve the ſtomach; and in hot bodies cauſe Choler to abound, & the Headach, and are an enemy to thoſe that have the Cough: but are leſs hurtful to thoſe that have a colder ſtomach; and are ſaid to kill the broad worms in the Belly or ſtomach. If they be taken with Onions, Salt and Honey, they help the biting of a mad Dog, or the Venom, or infectious poyſon of any beaſt, &c. *Coneus Pompeius* found in the Treaſury of *Mithridates* King of *Pontus*, when he was overthrown, a Scrowl of his own hand writing, containing a Medicine againſt any Poyſon and Infection, which is this: Take two dry Walnuts, and as many good Figs, and twenty Leaves of Rue bruiſed and beaten together with two or three corns of Salt, and twenty Juniper berries, which taken every morning faſting, preſerveth from danger of poyſon and infection that day it is taken. The Juyce of the other green Husks boyled with Honey, is an excellent Gargle for ſore Mouths, the heat and Inflamation in the Throat and Stomach. The Kernels when they grow old, are more oyly, and therefore not ſo fit to be eaten, but are then uſed to heal the wounds of the Sinews, Gangrenes and Carbuncles. The ſaid Kernels being burned, are then very aſtringent, & will then ſtay Lasks and Womens Courſes, being taken in red Wine: and ſtay the falling of the Hair, and make it fair, being anointed with Oyl and Wine. The green Husks will do the like, being uſed in the ſame manner. The Kernels beaten with Rue and Wine, being applied, helpeth the Quinzy: and bruiſed with ſome Honey, and applied to the Ears, eaſeth the pains and Inflamations of them. A piece of the green Husk put into a hollow Tooth, eaſeth the pains. The Catkins hereof taken before they fall off, dried, and given a dram thereof in Powder with white Wine, wonderfully helpeth thoſe that are troubled with the riſing of the Mother. The Oyl that is preſſeth out of the Kernels, is very profitably taken inwardly like Oyl of Almonds to help the Cholick, and to expel wind very effectually; an ounce or two thereof may be taken at a time. The young green Nuts taken before they be half ripe, and preſerved with Sugar, are of good uſe for thoſe that have weak Stomachs, or Defluxions thereon. The diſtilled VVater of the green Husk before they be half ripe, is of excellent uſe to cool the heat of Agues, being drunk an ounce or two at a time; as alſo to reſiſt the infection of the Plague; if ſome thereof be alſo applied to the Sores thereof. The ſame

Binds, Dries, Worms, Poyſon, Epidemical Diſeaſes, Inflamation in the Throat, Wounds of the Sinews, Gangreness, Carbuncles, Flux, Terms ſtops, Baldneſs, Quinzie, Toothach, Mother, Cholick, Wind, Agues, Deafneſs, Ears.

alſo cooleth the heat of green Wounds and old Ulcers, and healeth them being bathed therewith. The diſtilled water of the green husks being ripe, when they are ſhelled from the Nuts, being drunk with a little Vinegar, is alſo found by Experience to be good for thoſe that are infected with the Plague, ſo as before the taking thereof a Vein be opened. The ſaid water is very good againſt the Quinzy, being gargled and bathed therewith, and wonderfully helpeth Deafneſs, the noiſe and other pains in the Ears. The diſtilled water of the young green Leaves in the end of *May*, performeth a ſingular Cure on foul running Ulcers and Sores, to be bathed with wet cloaths or ſponges applied to them every morning.

Wold, Weld, *or* Dyers Weed.

Deſcript. *THe common kind groweth buſhing with many Leaves, long, narrow, and flat upon the ground, of a dark blewiſh green color, ſomewhat like unto Woad, but nothing ſo large, a little crumpled, and as it were round pointed, which do ſo abide the firſt year: and the next Spring, from among them riſe divers round ſtalks two or three foot high, beſet with many ſuch like Leaves thereon, but ſmaller, and ſhooting forth ſome ſmall branches, which with the ſtalks carry many ſmall yellow flowers in a long ſpiked head at the tops of them, where afterwards come the ſeed, which is ſmall and black, incloſed in Heads that are divided at the tops into four parts. The Root is long, white, and thick, abiding the Winter. Th. whole Herb changeth to be yellow after it hath been in flower a while.*

Place. It groweth every where by the way ſides, in moiſt Grounds as well as dry, in Corners of Fields and by-Lanes, and ſometimes all over the Field. In *Suſſex* and *Kent* they call it Green weed.

Time. It is in Flower about *June*.

Government and Vertues. *Mathiolus* ſaith, That the Root hereof cutteth tough Flegm, digeſteth raw Flegm, thinneth groſs Humors, diſſolveth hard Tumors, and openeth Obſtructions. Some do highly commend it againſt the bitings of venemous Creatures, to be taken inwardly, and applied outwardly to the hurt place: as alſo for the Plague or Peſtilence. The people in ſome Countries of this Land, do uſe to bruiſe the herb, and lay it to Cuts or Wounds in the Hands or Legs to heal them.

Flegm, Humors, Tumors, Venemous Beaſts, Peſtilence, Worms.

Wheat.

ALL the ſeveral kinds hereof are ſo well known unto almoſt all people, that it is altogether needleſs to write any Deſcription thereof.

Government and Vertues. It is under *Venus*. *Dioſcorides* ſaith, That to eat the Corns of green Wheat is hurtful to the Stomach, and breedeth Worms. *Pliny* ſaith, That the Corns of Wheat roaſted upon an Iron Pan, and eaten, is a preſent Remedy for thoſe that are chilled with Cold. The Oyl preſſed from Wheat between two thick plates of Iron or Copper heated, healeth all Tetters and Ring-worms, being uſed warm, and hereby *Galen* ſaith,

Cold, Tetters, Ring-worms, Ulcers,

ſaith, he hath known many to be cured. *Mathiolus* commendeth the ſame Oyl to be put into hollow Ulcers to heal them up, and it is good for Chops in the Hands or Feet, and to make rugged Skin ſmooth. The green Corns of VVheat being chewed, and applied to the place bitten by a mad Dog, healeth it. Slices of VVheat Bread ſoaked in red Roſe-water, and applied to the Eyes that are hot, red, and inflamed, or blood-ſhotten, helpeth them. Hot Bread applied for an hour at a time for three daies together, perfectly healeth the Kernels in the Throat commonly called the Kings-Evil. The flour of VVheat mixed with the Juyce of Henbane, ſtayeth the Flux of Humors to the Joynts being laid thereon. The ſaid Meal boyled in Vinegar, helpeth the ſhrinking of the Sinews ſaith *Pliny*; and mixed with Vinegar and Honey boyled together, healeth all Freckles, Spots, and Pimples on the Face. Wheat flour mixed with the Yolk of an Egg, Honey, and Turpentine, doth draw, cleanſe and heal any Boyl, Plague-ſore, or foul Ulcer. The Bran of Wheat meal ſteeped in ſharp Vinegar, and then bound in a linnen cloth, and rubbed on thoſe places that have the Scurf, Morphew, Scabs or Leproſie, wil take them away, the body being firſt well purged and prepared. The Decoction of the Bran of Wheat or Barley, is of good uſe to bath thoſe places that are burſten by a Rupture: and the ſaid Bran boyled in good Vinegar, and applied to ſwoln Breaſts, helpeth them, and ſtayeth all Inflamations. It helpeth alſo the bitings of Vipers (which I take to be no other than our Engliſh Adder) and all other venemous Creatures. The Leaves of Wheat meal applied with ſome Salt, taketh away hardneſs of the Skin, Warts, and hard Knots in the fleſh. Starch moiſtned with Roſe water, and laid to the Cods, taketh away their Itching. Wafers put in water and drunk, ſtayeth the Lask and bloody Flux, and is profitably uſed both inwardly and outwardly for the Ruptures in Children. Boyled in water unto a thick Jelly and taken, it ſtayeth ſpitting of blood: and boyled with Mints and Butter, it helpeth the Hoarſneſs of the Throat.

Chops in the Hands and Feet, mad Dogs, Eyes, Kings-Evil, Sinews, Peſtilence, Scabs, Leproſie, venemous Beaſts, Cods, Hoarſneſs.

The Willow Tree.

THeſe are ſo well known, that they need no Deſcription: I ſhall therefore only ſhew you the Vertues thereof.

Government and Vertues.] The *Moon* owns it. Both the Leaves, Bark, and the Seed, are uſed to ſtanch Bleeding of Wounds, and at Mouth and Noſe, Spitting of Blood, and other Fluxes of Blood in man or woman, and to ſtay Vomiting, and provocation thereunto, if the Decoction of them in wine be drunk. It helpeth alſo to ſtay thin, hot, ſharp, ſalt Diſtillations from the Head upon the Lungs cauſing a Conſumption. The Leaves bruiſed with ſome Pepper, and drunk in wine, much helpeth the wind Colick. The Leaves bruiſed and boyled in Wine and drunk, ſtayeth the heat of Luſt in man or woman,

Stanch Bleeding, ſpitting of blood, Fluxes of Blood, Vomiting, Diſtillations on the Lungs, Wind, Colick, heat of

Luſt, dimneſs of Sight and other Diſeaſes in the Eyes, clear the Face, dry up Humors, Warts, Corns and ſuperfluous Fleſh, Scurf or Dandrif, Feaver.

Woman, and quite extinguiſheth it, if it be long uſed: the Seed is alſo of the ſame effect. The water that is gathered from the Willow when it flowereth, the Bark being ſlit, and a fitting Veſſel to receive it, is very good for redneſs and dimneſs of Sight, for Films that grow over the Eyes, and ſtay the Rhewms that fall into them, to provoke Urin being ſtopped, if it be drunk; and to clear the Face and Skin from ſpots and diſcolourings. *Galen* ſaith, the Flowers have an admirable faculty in drying up humors, being a Medicine without any ſharpneſs or coraoſion. You may boyl them in white Wine, and drink as much as you will (ſo you drink not your ſelf drunk) The Bark works the ſame effects, if uſed in the ſame manner; and the Tree hath alwaies a Bark upon it, though not alwaies Flowers. The burnt aſhes of the Bark being mixed with Vinegar, take away Warts, Corns, and ſuperfluous fleſh, being applied to the place. The Decoction of the Leaves or Bark in Wine, takes away Scurf or Dandrif by waſhing the place with it. 'Tis a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one ſick of a Feaver.

Woad.

Deſcript. *IT hath divers large Leaves, long, and ſomewhat broad withal, like to thoſe of the greater Plantane, but larger, thicker, of a green ſky colour, and ſomewhat blew withal. From among which Leaves riſeth up a luſty ſtalk, three or four foot high, with divers Leaves ſet thereon; the higher the ſtalk riſeth, the ſmaller are the Leaves: at the top it ſpreadeth into divers branches, at the end of which appear very pretty little yellow Flowers, and after they paſs away like other Flowers of the Field, come Husks, long, and ſomewhat flat withal; in form they reſemble a Tongue; in colour, they are black, and they hang bobbing downwards. The ſeed contained within theſe Husks (if it be a little chewed) gives an azure colour. The Root is white and long.*

Place. It is ſowed in Fields for the benefit of it, where thoſe that ſow it, cut it three times a year.

Time. It flowreth in *June*, but is long after before the Seed is ripe.

Government and Vertues. It is a cold and dry Plant of *Saturn*. Some people affirm the Plant to be deſtructive to Bees, which if it be, I cannot help it. They ſay it poſſeſſeth Bees with the Flux, but that I can hardly believe, unleſs Bees be contrary to all other Creatures, I ſhould rather think it poſſeſſeth them with the contrary Diſeaſe, the Herb being exceeding drying and binding. However if any Bees be diſeaſed thereby, the cure is to ſet Urin by them, but ſet it in ſuch a Veſſel that they cannot drown themſelves, which may be remedied, if you put pieces of Cork in it. I told you before the herb was drying and binding, and ſo drying and binding, that it is not fit to be given inwardly. An Ointment made thereof ſtancheth bleeding. A Plaiſter made thereof, and applied to the Region of the Spleen,

(and I pray you take notice that the ſpleen lies on the left ſide) takes away the hardneſs and pains thereof: The Oyntment is excellent good in ſuch Ulcers as abound with moiſture, and takes away the corroding and fretting Humors: It cools Inflamations, quencheth St. *Anthonies* fire, and ſtayeth Defluxions of Blood to any part of the Body.

Bleeding, Spleen ulcers, Inflamations, St. Anthonies fire, Defluxions of Blood.

Woodbind, *or* Honey-ſuckles.

IT is a Plant ſo common, that every one that hath Eyes, knows them, and he that hath none, cannot read a Deſcription if I ſhould write it.

Time.] They flower in *June*, and the Fruit is ripe in *Auguſt*.

Government and Vertues. Doctor *Tradition*, that grand Introducer of Errors, that hater of Truth, that Lover of Folly, and that mortal Foe to Doctor *Reaſon*, hath taught the common People to uſe the Leaves and flowers of this Plant in Mouth waters, and by long continuance of time hath ſo grounded it in the Brains of the Vulgar, that you cannot beat it out with a Beetle: All Mouth water ought to be cooling and drying, but Honeyſuckles are cleanſing, conſuming, and digeſting, and therefore no wayes fit for Inflamations: Thus Doctor *Reaſon*. Again, If you pleaſe we will leave Doctor *Reaſon* a while, and come to Doctor *Experience*, a learned Gentleman, and his Brother: Take a Leaf and chew it in your Mouth, and you will quickly find it likelier to cauſe a ſore Mouth or Throat than to cure it. Well then, if it be not good for this, What is it good for? 'Tis good for ſomething, for God and Nature made nothing in vain: It is an Herb of *Mercury*, and appropriated to the Lungs; the Cæleſtial *Crab* claims Dominion over it, neither is it a Foe to the *Lyon*: If the Lungs be afflicted by *Jupiter*, this is your Cure: It is fitting a Conſerve made of the Flowers of it, were kept in every Gentlewomans Houſe: I know no better Cure for an Aſthma than this: Beſides, it takes away the evil of the ſpleen, provokes Urin, procures ſpeedy delivery to Women in Travel, helps Cramps, Convulſions, and Palſies, and whatſoever griefs come of cold or ſtopping: If you pleaſe to make uſe of it in an Oyntment, it will cleer your Skin of Morphew, Freckles, and Sunburning, or whatſoever elſe diſcolours it, and then the Maids will love it. I have done when I have told you what Authors ſay, and cavelled a little with them: they ſay, the Flowers are of more effect than the Leaves, and thats true: but they ſay, the ſeeds are leaſt effectual of all: but Dr. *Reaſon* told me, that there was a Vital Spirit in every ſeed to beget its like; and Dr. *Experience* told me, that there was a greater heat in a ſeed than there was in any other part of a Plant, and withal, that Heat was the Mother of Action, and then judge if old Dr. *Tradition* (who may well be honoured for his Age, but not for his Goodneſs) hath not ſo poyſoned the World with his Errors before I was born, that it was never well in its wits ſince, and there is great fear it will die mad.

Lungs afflicted, Aſthma, Spleen, Provokes urin and ſpeedy delivery in Childbirth, Crvmps, Convulſions and Palſies, Freckles, and Sunburning.

Wormwood.

THree Wormwoods are familiar with us; one I ſhall not deſcribe, another I ſhall deſcribe, and the third be critical at: And I care not greatly if I begin with the laſt firſt.

Sea Wormwood hath gotten as many Names as Vertues (and perhaps one more) *Seriphian*, *Santonicon*, *Belchicum*, *Narbonenſe*, *Xantomicum*, *Miſneule*, and a matter of twenty more, which I will not blot Paper withal: A Papiſt got the Toy by the end, and he called it Holy Wormwood; and in truth I am of Opinion, their giving ſo much Holineſs to Herbs, is the reaſon there remains ſo little in themſelves. The ſeed of this Wormwood is that which uſually Women give their Children for the Worms: Of all Wormwoods that grow here, this is the weakeſt; but Doctors commend it, and Apothecaries ſell it; the one muſt keep his Credit, and the other get Money, and that's the Key of the Work. The Herb is good for ſomething, becauſe God made nothing in vain: Will you give me leave to weigh things in the Ballance of Reaſon? Then thus: The ſeeds of the common Wormwood are far more prevalent than the ſeed of this to expel worms in Children, or people of ripe age: Of both, ſome are weak, ſome are ſtrong. The *Seriphian* Wormſeed is the weakeſt, and happily may prove to be the fitteſt for weak Bodies (for it is weak enough in all conſcience.) Let ſuch as are ſtrong take the common Wormſeed, for the other will do but little good. Again, neer the Sea many people live, and *Seriphian* grows neer them, and therefore is more fitting for their Bodies, becauſe nouriſhed by the ſame Air; and this I had from Dr. *Reaſon*. In whoſe Body Dr. *Reaſon* dwels not, dwells Dr. *Madneſs*, and he brings in his Brethren, Dr. *Ignorance*, Dr. *Folly*, and Dr. *Sickneſs*, and theſe together make way for Dr. *Death*, and the later end of that man is worſe than the beginning. Pride was the cauſe of *Adam's* Fall; Pride begat a Daughter, I do not know the Father of it unleſs the Devil, but ſhe chriſtned it, and call'd it *Appetite*, and ſent her Daughter to taſte theſe Wormwoods, who finding this the leaſt bitter, made the ſqueamiſh Wench extol it to the skies, though the Vertues of it never reached to the middle Region of the Air. Its due praiſe is this: It is weakeſt, therefore fitter for weak Bodies, and fitter for thoſe Bodies that dwell neer it, than thoſe that live far from it: my reaſon is, The Sea (as thoſe that live far from it, know when they come neer it) caſteth not ſuch a ſmell as the Land doth: The tender Mercies of God being over all his Works, hath by his Eternal Providence planted *Seriphian* by the Sea-ſide, as a fit Medicine for the Bodies of thoſe that live neer it. Laſtly, it is known to all that know any thing in the Courſe of Nature, that the Liver delights in ſweet things, if ſo, it abhors bitter; then if your Liver be weak, it is none of the wiſeſt courſes to plague it with an Enemy; if the Liver be weak, a Conſumption follows: Would you know the reaſon? 'tis this: A mans Fleſh is repaired by Blood, by a third Concoction, which tranſmutes Blood into Fleſh; ('tis well I ſaid [Concoction] for if I had ſaid [Boyling] every Cook would have underſtood me.) The Liver make

makes blood, and if it be weakned that it makes not enough, the fleſh waſteth; and why muſt fleſh alwayes be renewed? Becauſe the Eternal God when he made the Creation, made one part of it in continual dependancy upon another: And why did he ſo? Becauſe Himſelf only is permanent, to teach us, That we ſhould not fix our affections upon what is Tranſitory, but upon what endures for ever. The reſult of all is this, If the Liver be weak, and cannot make Blood enough (I would have ſaid [*Sanguifie*] if I had written onely to Scholars.) The *Seriphian* which is the weakeſt of Wormwoods, is better than the beſt. I have beeen Critical enough, if not too much.

Place.] It grows familiarly in *England* by the Sea-ſide.

Deſcript. *It ſtarts up out of the earth with many round, woody, hoary ſtalks from one Root, its height is four foot high, or three at the leaſt. The Leaves in Longitude are long, in Latitude narrow, in colour white, in form hoary, in ſimilitude like* Southernwood, *onely broader and longer, in taſt, rather ſalt than bitter, becauſe it grows ſo neer the ſalt water: At the joynts with the Leaves toward the tops it bears little yellow Flowers. The Root lies deep, and is woody.*

Common Wormwood I ſhall not deſcribe, for every Boy that can eat an Egg knows it.

Roman Wormwood: And why Roman, ſeeing it grows familiarly in *England*? It may be it was ſo called beeauſe tis good for a ſtinking breath which the Romans cannot be very free from, maintaining ſo many Baudy Houſes by Authority of his Holineſs.

Deſcript. *The Stalks are ſlenderer and ſhorter than the common Wormwood by one foot at leaſt; the Leaves are more finely cut and divided than they are, but ſomething ſmaller; both Leaves and Stalks are hoary; the Flowers of a pale yellow colour, it is altogether like the common Wormwood, ſave onely in bigneſs, for tis ſmaller; in taſt, for 'tis not ſo bitter, in ſmell, for it is ſpicy.*

Place. It groweth upon the tops of the Mountains (it ſeems 'tis aſpiring) there 'tis Natural; but uſually nurſed up in Gardens for the uſe of the Apothecaries in *London*.

Time. All Wormwoods uſually flower in *Auguſt*, a little ſooner or later.

Government and Vertues.] Will you give me leave to be critical a little? I muſt take leave: Wormwood is an Herb of *Mars*, and if *Pontanus* ſay otherwiſe, he is beſide the Bridge. I prove it thus: What delights in Martial places, is a Martial Herb; but Wormwood delights in Martial places (for about Forges and Iron Works you may gather a Cart load of it) *Ergo* it is a Martial Herb. It is hot and dry in the firſt Degree, viz. Juſt as hot as your Blood, and no hotter: It remedies the evils Choler can inflict on the Body of Man by Sympathy. It helps the evils *Venus* and the wanton Girl produce by Antipathy. And it doth ſomething elſe beſides. It cleanſeth the Body of Choler (and who dares ſay *Mars* doth no good?) It provokes Urin, helps *Choler, Venery, provokes urin, Helps Surfets, Swellings, Appetite loſt, Yell. Jaundice*

ſurfets,

Surfets, Swellings in the Belly; It cauſeth an Appetite to meat, becauſe *Mars* rules the attractive faculty in Man: The Sun never ſhone upon a better Herb for the yellow Jaundice than this is: Why ſhould men cry out ſo much upon *Mars* for an Infortune (or *Saturn* either?) Did God make Creatures to do the Creation a miſchief? This Herb teſtifies that *Mars* is willing to cure all Diſeaſes he cauſes; the truth is, *Mars* loves no Cowards, nor *Saturn* Fools, nor I neither. Take of the Flowers of Wormwood; Roſemary, and Black-Thorn, of each a like quantity, half that quantity of Saffron: boyl this in Rheniſh Wine, but put not in the Saffron till it is almoſt boyled: This is the way to keep a Mans body in Health, appointed by *Camerarius*, in his Book intituled, *Hortus Medicus*, and 'tis a good one too. Beſides all this, Wormwood provokes the Terms. I would willingly teach Aſtrologers, and make them Phyſitians (if I knew how) for they are moſt fitting for the Calling: if you will not believe me, ask Dr. *Hyppocrates*, and Dr. *Galen*, a couple of Gentlemen that our Colledge of Phyſitians keep to vapour with, not to follow. In this one Herb I ſhall give the pattern of a Rule to the Sons of Art, rough caſt, yet as neer the truth as the men of *Benjamin* could throw a ſtone; whereby my Brethren of the Society of Aſtrologers may know by a penny how a ſhilling is coyned: (as for the Colledg of Phyſitians they are too ſtately to learn, and too proud to continue: They ſay a Mouſe is under the Dominion of the *Moon*, and that's the reaſon they feed in the night: the Houſe of the *Moon* is *Cancer*; (Rats are of the ſame nature with Mice, but that they are a little bigger) *Mars* receives his Fall in *Cancer*, *Ergo* Wormwood being an Herb of *Mars* is a preſent Remedy for the biting of Rats and Mice. Muſhroms (I cannot give them the title of *Herba*, *Frutex*, or *Arbor*) are under the Dominion of *Saturn* (and take one time with another, they do as much harm as good:) if any have poyſoned himſelf by eating them, Wormwood an Herb of *Mars* cures him, becauſe *Mars* is exalted in *Capricorn* the houſe of *Saturn*, and this it doth by Sympathy, as it did the other by Antipathy. Wheals, Puſhes, black and blew ſpots, coming either by Bruiſes or Beatings, Wormwood an Herb of *Mars* helps, becauſe *Mars* (as bad as you love him, and as ill as you hate him) will not break your Head, but he'l give you a Plaiſter. If he do but teach you to know your ſelves, his Courteſie is greater than his Diſcourteſie. The greateſt Antipathy between the Planets, is between *Mars* and *Venus*; one is hot, the other cold; one Diurnal, the other Nocturnal; one dry, the other moiſt; their Houſes are oppoſite; one Maſculine, the other Feminine; one publick, the other private; one is valiant, the other effeminate; one loves the light, the other hates it; one loves the Field, the other the Sheets: then the throat is under *Venus*, the Quinſie lies in the Throat, and is an Inflamation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates all diſeaſes in the Throat by his Herbs (of which Wormwood is one) and ſends them to

Preſerve Health, Terms provokes, Biting of Rats and Mice, Muſhromes, Wheals, Puſhes, Black and blew Spots, Quinſie, Eyes.

Ægypt

Ægypt on an errand never to return more: this by Antipathy. The Eyes are under the Luminaries; the right Eye of a Man, and the left Eye of a Woman, the *Sun* claims Dominion over: The left Eye of a Man, and the right Eye of a Woman, are the priviledge of the *Moon*, Wormwood an herb of *Mars* cures both; what belongs to the *Sun* by Sympathy, becauſe he is exalted in his Houſe; but what belong to the *Moon* by Antipathy, becauſe he hath his Fall in hers. Suppoſe a Man be bitten or ſtung by a Martial Creature, imagine a Waſp, a Hornet, or Scorpion, Wormwood an Herb of *Mars* gives your preſent cure: Then *Mars* as *Biting*, or Cholerick as he is, hath learned that patience, to paſs by your *ſtinging by* evil ſpeeches of him, and tels you by my Pen, That he gives you *venemous* no Affliction, but he gives you a Cure; you need not run to *Beaſts*. *Apollo* nor *Æſculapius*: and if he were ſo Cholerick as you make him to be, he would have drawn his Sword for anger to ſee the ill conditions of thoſe people that can ſpy his Vices, and not his Vertues. The Eternal God when he made *Mars*, made him for a publick good, and the Sons of Men ſhall know it in the later end of the World, *Et cœlum Mars ſolus habet*. You ſay *Mars* is a Deſtroyer; mix a little Wormwood an Herb of *Mars* with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then *Mars* is a Preſerver. Aſtrologers ſay *Mars* cauſeth Scabs and Itch, and the Virgins are angry with him, becauſe wanton *Venus* told them he deforms their skin: But quoth *Mars*, my only deſire is, they ſhould know themſelves; my Herb Wormwood will reſtore them to the Beauty they formerly had, and in that I will not come an Inch behind my oppoſite *Venus*; for which doth the greateſt evil, he that takes away an innate Beauty, and when he hath done, knows how to reſtore it again? or ſhe that teaches a company of wanton Laſſes to paint their Faces? If *Mars* be in a Virgin, in a Nativity, they ſay he cauſes the Cholick, ('tis well God hath ſet ſome body to pull down the pride of man) He in the Virgin troubles none with the Cholick, but them that know not themſelves (for who knows himſelf may eaſily know all the world) Wormwood an Herb of *Mars* is a preſent cure for it: and whether it be moſt like a Chriſtian to love him for his good, or hate him for his evil, judge ye. I had almoſt forgotten that Charity thinks no evil. I was once in the Tower and viewed the Wardrobe, and there was a great many fine Cloathes (I can give them no other title, for I was never either Linnen or Woollen Draper) yet as brave as they looked, my opinion was, the Moaths might conſume them, Moaths are under the Dominion of *Mars*, his Herb Wormwood being layd amongſt Cloaths, will make a Moath ſcorn to meddle with the Cloath, as much as a Lyon ſcorns to meddle with a Mouſe, or an Eagle a Fly. You ſay *Mars* is angry, and 'tis true enough, he is angry with my Countrymen for being ſuch Fools to be led by the Noſes by the Colledge of Phyſitians, as they lead Bears to *Paris* Garden. Melancholly Men cannot endure to be wrong'd in Point of good name, and that hath ſorely troubled old *Saturn*, becauſe they called him the greateſt Infortune: In the Body of Man he rules the Spleen (and

that

that makes Covetous men ſo Splenetick) The poor old man lies crying out of his left ſide, Father *Saturn*'s angry, *Mars* comes to him, come Brother, I confeſs thou art evil ſpoken of, and ſo am I, thou knowſt I have my exaltation in my Houſe, I'l give him an herb of mine, Wormwood, to cure the poor man; *Saturn* conſented, but ſpoke but little, and ſo *Mars* cured him by ſympathie. When *Mars* was free from War (for he loves to be fighting, and is the beſt friend a Soldier hath) I ſay, when *Mars* was free from War he called a Counſel of War in his own Brain, to know how he ſhould do poor ſinful man good, (deſiring to forget his abuſes in being called an Infortune) He muſters up his own Forces and places them in Batalia, Oh! quoth he, why do I hurt a poor ſilly Man or Woman? His Angel anſwers him, 'Tis becauſe they have offended their God. [Look back to *Adam*] Well, ſayes *Mars*, though they ſpeak evil of me, I'l do good to them; Death's cold, my Herb ſhall heat them. They are full of ill Humors (elſe they would never have ſpoken ill of me) my Herb ſhall cleanſe them and dry them: They are poor weak Creatures, my Herb ſhall ſtrengthen them; they are dull witted, my Herb ſhall fortifie their Apprehenſions; and yet amongſt Aſtrologers, all this doth not deſerve a good word; Oh the patience of *Mars*!

Spleen.

Fœlix, qui potuit rerum cognoſcere cauſas,
Inque domus ſuperûm ſcandere cura fuit.

Oh! happy he that can the Knowledge gain,
To know th'Eternal God made nought in vain.
To this I adde,
I know the reaſon cauſeth ſuch a Dearth
Of Knowledge, 'tis becauſe men love the Earth.

The other day *Mars* told me he met with *Venus*, and he asked her what the Reaſon was that ſhe accuſed him for abuſing Women, he never gave them the Pox? in the diſpute they fell out, & in anger parted, and *Mars* told me that his brother *Saturn* told him, that an Antivenerian Medicine was the beſt againſt the Pox. Once a Month he meets with the *Moon*, *Mars* is quick enough of ſpeech, and the *Moon* not much behind hand (neither are moſt Women) The *Moon* looks much after Children, and children are much troubled with the worms, ſhe deſired a Medicine of him, he bad her take his own Herb Wormwood: He had no ſooner parted with the *Moon* but he met with *Venus*, and ſhe was as drunk as a Bitch, Alas poor *Venus*, quoth he, What, thou a Fortune and be drunk? I'l give thee an Antipathetical Cure; Take my Herb Wormwood, and thou ſhalt never get a Surfet by drinking. A poor ſilly Country-man hath got an Ague and cannot go about his buſineſs, he wiſhes he had it not, and ſo do I, but Ile tell him a Remedy, whereby he may prevent it; Take the Herb of *Mars* Worm-

French pox.

Surfet, ſtinking Breath, Dull Brain, weak

wood

wood, and if infortunes will do good, what will Fortunes do? *Sight.*
Some ſay the Lungs are under *Jupiter*, and if the Lungs,
then the breath, and yet a man ſometimes gets a ſtinking breath, and yet *Jupiter* is a Fortune forſooth; up comes *Mars* to him, come brother *Jupiter*, thou knoweſt I ſent thee a couple of Trines to thy Houſes laſt night, the one from *Aries*, and the other from *Scorpio*, give me thy Leave by Sympathie to cure the poor man by drinking a draught of Wormwood Beer every morning. The *Moon* was weak the other day, and ſhe gave a man two terrible Miſchiefs, a dull Brain, and a weak ſight, *Mars* layes by his ſword and comes to her, Siſter *Moon*, ſaith he, This Man hath anger'd thee, but I beſeech thee take notice, he is but a Fool, prithee be patient, I will with my Herb Wormwood cure him of both infirmities by Antipathy, for thou knoweſt, thou and I cannot agree; with that the *Moon* began to quarrel; *Mars* (not delighting much in Womens tongues) went away, and did it whether ſhe would or no.

He that reads this, and underſtands what he reads, he hath a Jewel more worth than a Diamond: He that underſtands it not, is as little fit to give Phyſick. There lies a Key in theſe words, which will unlock (if it be turned by a wiſe hand) the *Cabinet of Phyſick*: I have delivered it ſo plainly as I durſt: 'tis not only upon Wormwood that I wrote, but upon all Plants, Trees, and Herbs: He that underſtands it not, is unfit (in my Opinion) to give Phyſick. This ſhall live when I am dead; and thus I leave it to the world, nor caring a half-penny whether they like or diſlike it. The grave equals all men, and therefore ſhall equal me with Princes; untill which time the eternal providence is over me: then the ill Tongue of a pratling fellow, or of one who hath more Tongue than Wit, or more Pride than Honeſty, ſhall never trouble me. Wiſdom is juſtified of her Children. And ſo much for *Wormwood*.

Yarrow, *called alſo* Noſebleed, Milfoyl, *and* Thouſand-Leaf.

Deſcription. *IT hath many long Leaves ſpread upon the ground, and finely cut and divided into many ſmall parts: Its Flowers are white, but not all of a whiteneſſe, and ſtayed in knots, upon divers green ſtalks which riſe from among the Leaves.*

Place. It is frequent in all paſtures.

Time. It flowreth late, even in the later end of *Auguſt*.

Government and Vertues. It is under the influence of *Venus*. An Ointment of them cures wounds, and is moſt fit for ſuch as have Inflamations, it being an Herb of Dame *Venus*; It ſtops the Terms in Women being boyled in white Wine, and the Decoction drunk, as alſo the Bloody Flux; the Ointment of it is not only good for green wounds, but alſo for Ulcers and Fiſtulaes, eſpecially ſuch as be bound with moiſture. It ſtaies the ſhedding off of Hair, the head being bathed with the Decoction of it: inwardly

wounds, Inflamations, terms ſtops, Bloody Flux, baldneſs, Ulcers, Fiſtulaes, retentive Faculty, Running of the

Reins, whites, Diabetes, Toothach.

wardly taken it helps the retentive faculty of the ſtomach, it helps the Running of the Reins in Men, and the Whites in Women, and helps ſuch as cannot hold their water; and the Leaves chewed in the Mouth, eaſe the Toothach; and theſe Vertues being put together ſhew the Herb to be drying and binding. *Achilles* is ſuppoſed to be the firſt that left the Vertues of this Herb to poſterity, having learned them of his Maſter *Chyron* the Senator, and certainly a very profitable Herb it is in the Camp, and perhaps therefore called *Militaris*.

DIRECTIONS.

HAving in divers places of this Treatiſe promiſed you the way of making Syrups, Conſerves, Oils, Ointments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your uſe at ſuch times when otherwiſe they cannot be had: I come now to perform what I promiſed, and you ſhall find me rather better, than worſe than my word.

That this may be done Methodically, I ſhall divide my directions into two grand Sections, and each Section into ſeveral Chapters, and then you ſhall ſee it look with ſuch a Countenance as this is.

Sect. 1.

Of gathering, drying, and keeping Simples and their Juyces.

Chap. 1. *Of* Leaves *of Herbs, &c.*
Chap. 2. *Of Flowers.*
Chap. 3. *Of Seeds.*
Chap. 4. *Of Roots.*
Chap. 5. *Of Barks.*
Chap. 6. *Of Juyces.*

Sect. 2.

Of making, and keeping Compounds.

Chap. 1. *Of diſtilled Waters.*
Chap. 2. *Of Syrups.*
Chap. 3. *Of Juleps.*
Chap. 4. *Of Decoctions.*
Chap. 5. *Of Oils.*
Chap. 6. *Of Electuaries.*
Chap. 7. *Of Conſerves*
Chap. 8. *Of Preſerves.*
Chap. 9. *Of Lohochs.*
Chap. 10. *Of Ointments.*
Chap. 11. *Of Plaiſters.*
Chap. 12. *Of Pultiſſes.*
Chap. 13. *Of Troches.*
Chap. 14. *Of Pills.*
Chap. 15. *The way of fitting Medicines to Compound Diſeaſes.*

Of all theſe in Order.

SECT.

SECT. I.

The way of gathering, drying, and preſerving Simples and their Juyces.

Chap. 1. *Of Leaves of Herbs, or Trees.*

OF Leaves, chuſe only ſuch as are green, and full of juyce, pick them carefully, and caſt away ſuch as are any way declining, for they will putrifie the reſt, ſo ſhall one handful be worth ten of thoſe you buy in *Cheapſide*.

2. Note in what place they moſt delight to grow in, and gather them there, for Betony that grows in the ſhadow, is far better than that which grows in the Sun, becauſe it delights in the ſhadow: ſo alſo ſuch Herbs as delight to grow near the water, let ſuch be gathered as grow neer the water, though happily you may find ſome of them upon dry ground: The Treatiſe will inform you where every Herb delights to grow.

3. The Leaves of ſuch Herbs as run up to ſeed, are not ſo good when they are in flower, as before (ſome few excepted, the Leaves of which are ſeldom or never uſed) in ſuch caſes, if through Ignorance they were not known, or through negligence forgotten, you had better take the top and the flower than the Leaf.

4. Dry them well in the Sun, and not in the ſhadow, as the ſwing of Phyſitians is, for if the Sun draw away the Vertues of Herbs, it muſt needs do the like by Hay by the ſame Rule, which the experience of every Country Farmer will explode it for a notable piece of non-ſenſe.

5. Such as are Artiſts in Aſtrology (and indeed none elſe are fit to make Phyſitians) ſuch I adviſe, Let the Planet that governs the Herb be Angular. and the ſtronger the better; if they can in Herbs of *Saturn*, let *Saturn* be in the Aſcendant; in the Herbs of *Mars*, let *Mars* be in the Mid-heaven, for in thoſe Houſes they delight: let the *Moon* apply to them by good Aſpect, and let her not be in the Houſes of their Enemies: if you cannot well ſtay till ſhe apply to them, let her apply to a Planet of the ſame Triplicity; if you cannot wait that time neither, let her be with a Fixed Star of their Nature.

6. Having well dried them, put them up in brown Papers, ſewing the Paper up like a Sack, and preſs them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried Herbs, a juſt time cannot be given, let Authors prate their pleaſure: For,

Firſt, Such as grow upon dry grounds will keep better than ſuch as grow on moiſt.

Secondly, Such Herbs as are full of Juyce will not keep ſo long as ſuch as are drier.

Thirdly,

Thirdly, Such Herbs as are well dried, will keep longer than such as are ill dried.

Yet this I say, By this you may know when they are corrupted, *viz.* By their loss of color, or smell, or both; and if they be corrupted, reason will tell you that they must needs corrupt the Bodies of those people that take them.

8. Gather all Leaves in the hour of that Planet that governs them.

Chap. 2. *Of Flowers.*

1. THe Flower which is the beauty of the Plant, and of none of the least use in Physick, groweth yearly, and it is to be gathered when it is in its prime.

2. As for the time of gathering them, let the planetary hour, and the plant they come of, be observed, as we shewed you in the foregoing Chapter; as for the time of the day, let it be when the Sun shines upon them that so they may be dry, for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep, and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the fire, as I shewed you in the foregoing Chapter.

4. So long as they retain their color and smell, they are good; either of them being gone, so is their Vertue also.

Chap. 3. *Of Seeds.*

1. THe seed is that part of the plant, which is endued with a vital Faculty to bring forth its like, and it contains potentially the whole plant in it.

2. As for place, let them be gathered from the places where they delight to grow.

3. Let them be full ripe when they are gathered, and forget not the Celestial Harmony beforementioned, for I have found by experience that their Vertues are twice as great at such times as others: There is an appointed time for every thing under the Sun.

4. When you have gathered them, dry them a little, and but a little in the Sun before you lay them up.

5. You need not be so carefull of keeping them so near the fire as the other before mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, 'tis palpable they will keep a good many years; yet this I say, They are the best the first year, and this I make appear by a good Argument, They will grow soonest the first year they be set, therefore then are they in their prime, and tis an easie matter to renew them yearly.

Chap. 4. *Of Roots.*

1. OF Roots, chuse such as are neither rotten, nor worm-eaten, but proper in their taste, color, and smell; such as exceed neither in softness nor hardness.

2. Give

2. Give me leave to be a little Critical against the vulgar received Opinion, which is, That the Sap falls down into the Root in the Autumn, and rises again in the Spring, as men go to bed at night, and rise in the morning; and this idle tale of untruth is so grounded in the heads, not only of the Vulgar, but also of the Learned, that a man cannot drive it out by Reason: I pray let such Sap-mongers answer me to this Argument. If the Sap fall into the Root in the fall of the Leaf, and lie there all the Winter, then must the Root grow only in the Winter, as Experience witnesseth: but the Root grows not at all in Winter, as the same Experience teacheth, but only in the Summer. *Ergo*,

If you set an Apple kernel in the Spring, you shal find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring: What doth the Sap do in the Root all that while, pick straws? For Gods sake build not your Faith upon Tradition, 'tis as rotten as a rotten post.

The truth is, when the *Sun* declines from the Tropick of *Cancer*, the sap begins to congeal both in Root and Branch, when he toucheth the Tropick of *Capricorn*, and ascends to us-ward, it begins to wax thin again, and by degrees as it congealed. But to proceed.

3. The drier time you gather your Roots in, the better they are: for they have the less excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney corner upon a string: as for such as are hard, you may dry them any where.

5. Such Roots as are great, will keep longer than such as are small: yet most of them will keep a year.

6. Such Roots as are soft, it is your best way to keep them alwaies near the fire, and take this general Rule for it. If in Winter time you find any of your Roots, Herbs or Flowers begin to grow moist, as many times you shal especially in the winter time (for 'tis your best way to look to them once a month) dry them by a very gentle fire; or if you can with convenience keep them near the fire, you may save your self the labor.

7. It is in vain to dry such Roots as may commonly be had, as Parsley, Fennel, Plantane, &c. but gather them only for present need.

Chap. 5. *Of Barks.*

1. BArks which Physitians use in Medicines, are of these sorts: Of Fruits, of Roots, of Boughs.

2. The Barks of Fruits are to be taken when the Fruit is full ripe, as Orenges, Lemmons, &c. but because I have nothing to do with Exoticks here, I shall pass them without any more words.

3. The Bark of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, or the like, because then they come easiest off, and so you may dry them if you please: but indeed your best way is to gather all Barks only for present use.

4. As for the Bark of Roots, 'tis this, and thus to be gotten, Take the

Roots of ſuch Herbs as have a pith in them, as Parſley, Fennel, &c. ſlit them in the middle, and when you have taken out the pith (which you may eaſily and quickly do) that which remains is called (though ſomething improperly) the Bark, and indeed is only to be uſed.

Chap. 6. *Of Juyces.*

1 Juyces are to be preſſed out of Herbs when they are young and tender, and alſo out of ſome Stalks, and tender tops of Herbs and Plants, and alſo out of ſome Flowers.

2. Having gathered your Herb you would preſerve the Juyce of, when it is very dry (for otherwiſe your Juyce will not be worth a Button) bruiſe it very well in a ſtone Mortar with a wooden Peſtle, then having put it into a Canvas bag (the Herb I mean, not the Mortar, for that wil yield but little Juyce) preſs it hard in a Preſs, then take the Juyce and clarifie it.

3. The manner of clarifying of it is this; Put it into a Pipkin or Skillet, or ſome ſuch thing, and ſet it over the fire, and when the Scum riſeth, take it off: let it ſtand over the fire till no more Scum riſe, then have you your Juyce clarified: caſt away the Scum as a thing of no uſe.

4. When you have thus clarified it, you have two waies to preſerve it all the year.

Firſt, When it is cold, put it into a Glaſs, and put ſo much Oyl on it as will cover it the thickneſs of two fingers, the Oyl will ſwim at top, and ſo keep the air from coming to it to putrifie it; when you intend to uſe it, do no more but ſo, pour out into a Porrenger a little more than you intend to uſe, and if any Oyl come out with it (as if the Glaſs be not full 'tis an hundred to one if there do) you may eaſily ſcum it off with a Spoon, and put the Juyce you uſe not into the Glaſs again, it will quickly ſink under the Oyl. This is the firſt way.

Secondly, The ſecond way is a little more difficult, and the Juyce of Fruits is uſually preſerved this way: When you have clarified the Juyce as before, boil it over the fire till (being cold) it be of the thickneſs of Honey: this is moſt commonly uſed for Diſeaſes of the Mouth, and is called *Rob* and *Sapa*.

And thus much for the firſt Section, the ſecond follows.

SECT II.

The way of making and keeping all neceſſary Compounds.

Chap. 1. *Of Diſtilled Waters.*

HItherto we have ſpoken of Medicines which conſiſt in their own Nature, which Authors vulgarly cal Simples though ſomthing improperly: for in deed and in truth, nothing is ſimple but pure

pure Elements; all things elſe are compounded of them: We come now to treat of the Artificial medicines, in the front of which (becauſe we muſt begin ſomewhere) we ſhall place diſtilled Waters, in which conſider,

1. Waters are diſtilled out of Herbs, Flowers, Fruits and Roots.

2. VVe treat not of ſtrong Waters, but of cold, as being to act *Galens* part, and not *Paracelſus*.

3. The Herbs ought to be diſtilled when they are in their greateſt vigor, and ſo ought the Flowers alſo.

4. The vulgar way of Diſtillation, which people uſe becauſe they know no better, is in a Pewter Still: and although diſtilled Waters are the weakeſt of all Artificial medicines, and good for little unleſs for mixtures of other medicines: yet this way diſtilled they are weaker by many degrees than they would be, were they diſtilled in Sand. If I thought it not impoſſible to teach you the way of diſtilling in Sand by writing, I would attempt it.

5. VVhen you have diſtilled your Water, put it into a Glaſs, and having bound the top of it over with a paper prick'd full of holes, that ſo the excrementitious and fiery vapors may exhale (which indeed are they that cauſe that ſetling in diſtilled Waters called the Mother, which corrupts Waters and might this way be prevented) cover it cloſe, and keep it for your uſe.

6. Stopping diſtilled Waters with a Cork makes them muſty, and ſo wil a paper alſo if it do but touch the water, your beſt way then is to ſtop them with a Bladder, being firſt wet in water, and bound over the top of the Glaſs.

Such cold Waters as are diſtilled in a Pewter Stil (if wel kept) wil endure a year: ſuch as are diſtilled in Sand, as they are twice as ſtrong, ſo will they endure twice as long.

Chap. 2. *Of Syrups.*

1. A Syrup is a Medicine of a liquid Form, compoſed of Infuſion, Decoction, and Juyce: And, 1. For the more grateful taſt. 2. For the better keeping of it with a certain quantity of Honey or Sugar, hereafter mentioned, boiled to the thickneſs of new Honey.

2. You ſee at the firſt view that this Aphoriſm divides it ſelf into three Branches, which deſerve ſeverally to be treated of: *Viz.*

1. *Syrup made by Infuſion.*
2. *Syrups made by Decoction.*
3. *Syrups made by Juyce.*

Of each of theſe (for your Inſtructions ſake, kind Country men and women) I ſpeak a word, or two, or three apart.

Firſt, Syrups made by Infuſion are uſually made of Flowers, and of ſuch Flowers as ſoon looſe their color and ſtrength by boiling, as Roſes, Violets, Peach flowers, &c. My Tranſlation of the *London Diſpenſatory* will inſtruct you in the reſt. They are thus made: Having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will, for it is all one) of Spring water made boiling hot by the fire, firſt put your flowers in a Pewter pot with a cover, then pour the water to them,

then ſhutting the pot, let it ſtand by the fire to keep hot twelve hours, then ſtrain it out (in ſuch Syrups as purge, as Damask Roſes, Peach flowers, &c. The uſual, and indeed the beſt way is to repeat this Infuſion, adding freſh Flowers to the ſame Liquor divers times, that ſo it may be the ſtronger) having ſtrained it out, put the Infuſion into a Pewter Baſon, or an Earthen one well glaſſed, and to every pint of it, add two pound of fine Sugar, which being only melted over the fire without boiling, and ſcummed, will produce you the Syrup you deſire.

Secondly, Syrups made by Decoction, are uſually made of Compounds: yet may any ſimple Herb be thus converted into Syrup: Take the Herb, Root, or Flower you would make into Syrup, and bruiſe it a little; then boil it in a convenient quantity of Spring water, the more water you boil in it, the weaker will it be, a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boil it till half the Water be conſumed, then let it ſtand till it be almoſt cold, and ſtrain it (being almoſt cold) through a woollen cloth, letting it run out at leaſure without preſſing: to every pint of this Decoction add one pound of Sugar, and boil it over the fire til it come to a Syrup, which you may know if you now and then cool a little of it in a ſpoon; ſcum it all the while it boils, and when it is ſufficiently boiled, whilſt it is hot, ſtrain it again through a woollen cloth, but preſs it not. Thus have you the Syrup perfected.

Th'rdly, Syrups made of Juyces are uſually made of ſuch Herbs as are full of Juyce, and indeed they are better made into a Syrup this way, than any other, the operation is thus, Having beaten the Herb in a ſtone Morter with a wooden Peſtle, preſs out the Juyce, and clarifie it as you were taught before in the Juyces, then let the Juyce boil away till a quarter of it (or near upon) be conſumed; to a pint of this add a pound of Sugar, & boil it to a Syrup, alwaies ſcumming it, and when it is boiled enough ſtrain it through a woollen cloth, as we taught you before, and keep it for your uſe.

3. If you make Syrups of Roots that are any thing hard, as Parſley, Fennel, and Graſs roots, &c. When you have bruiſed them, lay them in ſteep ſometimes in that Water which you intend to boil them in hot, ſo will the Vertue the better come out.

4. Keep your Syrups either in Glaſſes or ſtone Pots, and ſtop them not with Cork nor Bladder, unleſs you would have the Glaſs break, and the Syrup loſt; and as many Opinions as there are in this Nation, I ſuppoſe there are but few or none of this, only bind a paper about the mouth.

5. All Syrups, if well made, will continue a year with ſome advantage: yet of all, ſuch as are made by Infuſion keep the leaſt while.

Chap. 3. *Of Juleps.*

1. Juleps were firſt invented, as I ſuppoſe in *Arabia*, and my reaſon is, becauſe the word *Julip* is an Arabick word.

2. It ſignifies only a pleaſant Potion, and vulgarly uſed (by ſuch as were ſick and wanted help, or ſuch as are in health, and wanted no money) to quench thirſt.

3. Now

3. Now adaies 'tis commonly uſed,

1. *To prepare the Body for Purgation.*
2. *To open Obſtructions, and the Ports,*
3. *To digeſt tough Humors.*
4. *To qualifie hot Diſtempers, &c.*

4. It is thus made (I mean ſimple Juleps: for I have nothing to ſay to Compounds here; all Compounds have as many ſeverl Ideas as men have Crotchets in their Brain) I ſay ſimple Juleps are thus made: Take a pint of ſuch diſtilled Water as conduceth to the Cure of your Diſtemper, which this Treatiſe will plentifully furniſh you withal, to which add two ounces of Syrup conducing to the ſame effect (I ſhall give you Rules for it in the laſt Chapter) mix them together, and drink a draught of it at your pleaſure. If you love tart things, add ten drops of Oyl of Vitriol to your pint, and ſhake it together, and it will have a fine grateful taſt.

5. All Juleps are made for preſent uſe, and therefore it is in vain to ſpeak of their duration.

Chap. 4. *Of Decoctions.*

ALL the difference between Decoctions and Syrups made by Decoction, is this: Syrups are made to keep, Decoctions only for preſent uſe: for you can hardly keep a Decoction a week any time, if the weather be hot, not half ſo long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits or Barks, conducing to the Cure of the Diſeaſe you make them for; in the ſame manner are they made, as we ſhewed you in Syrups.

3. Decoctions made with Wine, laſt longer than ſuch as are made with water, and if you take your Decoction to cleanſe the paſſages of Urin, or open Obſtructions, your beſt way is to make it with white Wine inſtead of water, becauſe this is moſt penetrating.

4. Decoctions are of moſt uſe in ſuch Diſeaſes as lie in the paſſages of the Body, as the Stomach, Bowels, Kidnies, Paſſages of Urin, and Bladder, becauſe Decoctions paſs quicker to thoſe places than any other form of medicines.

5. If you will ſweeten your Decoction with Sugar, or any Syrup fit for the occaſion you take it for, which is better, you may, and no harm do.

6. If in a Decoction you boil both Roots, Herbs, Flowers, and Seeds together, let the Roots boil a good while firſt, becauſe they retain their Vertue longeſt; then the next in order by the ſame Rule, viz. 1. Barks, 2. The Herbs, 3. The Seeds, 4. The Flowers, 5. The Species, if you put any in, becauſe their Vertues come ſooneſt out.

7. Such things as by boiling cauſe ſlimineſs to a Decoction, as Figgs, Quince ſeeds, Linſeed, &c. your beſt way is, after you have bruiſed them, to tie them up in a linnen rag, as you tie up a Calfs Brains, and ſo boil them.

8 Keep all Decoctions in a Glaſs cloſe ſtopped, and in the cooler place you keep them, the longer will they laſt ere they be ſour.

Lastly, The usual Dose to be given at one time, is usually two, three, four or five ounces, according to the age and strength of the patient, the season of the year, the strength of the medicine, and the quality of the Disease.

Chap. 5. *Of Oyls.*

1. OYL Olive, which is commonly known by the name of Sallet Oyl, I suppose because it is usually eaten with Sallets by them that love it: if it be pressed out of ripe Olives, according to *Galen*, is temperate, and exceeds in no one quality.

2. Of Oyls, some are Simple, and some are Compound.

3. Simple Oyls are such as are made of Fruits or Seeds by expression, as Oyl of sweet and bitter Almonds, Linseed, and Rape seed Oyl, &c. of which see my *Dispensatory*.

4. Compound Oyls are made of Oyl of Olives, and other Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this: Having bruised the Herbs or Flowers you would make your Oyl of, put them in an Earthen pot, and to two or three handfuls of them pour a pint of Oyl, cover the pot with a paper, and set it in the Sun about a fortnight or less, according as the Sun is in hotness; then having warmed it very well by the fire, press out the Herbs, &c. very hard in a press, and add as many more Herbs to the same Oyl bruise (the Herbs I mean, not the Oyl) in like manner, set them in the Sun as before, the oftner you repeat this, the stronger your Oyl wil be: at last when you conceive it strong enough, boil both Herbs and Oyl together til the Juyce be consumed, which you may know by its leaving its bubbling, and the Herbs will be crisp: then strain it whilst it is hot, and keep it in a stone or glass Vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The general use of these Oyls, is for pain in the Limbs, roughness of the Skin, the Itch, &c. as also for Oyntments and Plaisters.

8. If you have occasion to use it for Wounds or Ulcers, in two ounces of Oyl, dissolve half an ounce of Turpentine, the heat of the fire will quickly do it; for Oyl it self is offensive to Wounds, and the Turpentine qualifies it.

Chap. 6. *Of Electuaries.*

PHysitians make more a Quoil than needs by half about Electuaries. I shall prescribe but one general way of making them up; as for the Ingredients, you may vary them as you please, and according as you find occasion by the last Chapter.

1. That you may make Electuaries when you need them, it is requisite that you keep alwaies Herbs, Roots, Seeds, Flowers, &c. ready dried in your house, that so you may be in readiness to beat them into powder when you need them.

2. Your better way is to keep them whole than beaten: for being beaten they

they are the more subject to lose their strength, because the Air soon penetrates them.

3 If they be not dry enough to beat into powder when you need them, dry them by a gentle fire till they are so.

4 Having beaten them, sift them through a fine Tiffany Searce, that so there may be no great pieces found in your Electuary.

5 To one ounce of your powder, add three ounces of clarified Honey: this quantity I hold to be sufficient: I confesse Authors differ about it. If you would make more or less Electuary, vary your proportions accordingly.

6 Mix them well together in a Mortar, and take this for a truth, You cannot mix them too much.

7 The way to clarifie Honey, is to set it over the fire in a convenient vessel till the scum arise, and when the scum is taken off, it is clarified.

8 The usual Dose of Cordial Electuaries, is from half a dram to two drams; of Purging Electuaries, from half an ounce to an ounce.

9 The manner of keeping them is in a Pot.

10 The time of taking them, is either in the morning fasting, and fasting an hour after them; or at night going to bed, three or four hours after Supper.

Chap. 7. *Of Conserves.*

1 THe way of making Conserves is Two-fold, one of Herbs and Flowers, and the other of Fruits.

2 Conserves of Herbs and Flowers are thus made: If you make your Conserves of Herbs, as of Scurvy-grass, Wormwood, Rue, or the like, take only the Leaves and tender tops (for you may beat your heart out before you can beat the stalks small) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3 Conserves of Fruits, as of Barberries, Sloes, and the like, is thus made: First scald the Fruit, then rub the Pulp through a thick hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a Spoon, then take this Pulp thus drawn, and add to it its weight of Sugar and no more, put it in a Pewter Vessel, and over a Charcoal fire stir it up and down till the Sugar be melted, and your Conserve is made.

4 Thus have you the way of making Conserves; the way of keeping of them, is in Earthen Pots.

5 The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they be purging) when you please.

6 Of Conserves, some keep many years, as Conserves of Roses: others but a year, as Conserves of Borrage, Bugloss, Cowslips, and the like.

7 Have a care of the working of some Conserves presently after they are made, look to them once a day, and stir them about; Conserves of Borrage, Buglos and Wormwood have gotten an excellent faculty at that sport.

8 You may know when your Conserves are almost spoiled by this, You shall find a hard crust at top with little holes in it, as though worms had been eating there.

Chap. 8. *Of Preſerves.*

OF Preſerves are ſundry ſorts, and the Operations of all being ſomething different we will handle them all apart.

There are preſerved with Sugar,

1 *Flowers.*
2 *Fruits.*
3 *Roots.*
4 *Barks.*

1 Flowers are but very ſeldom preſerved, I never ſaw any that I remember, ſave onely Cowſlip flowers, and that was a great faſhion in *Suſſex* when I was a Boy: It is thus done: Firſt, Take a flat Glaſs, we call them Jar Glaſſes, ſtrew in a laying of fine Sugar, on that a laying of flowers, on that another laying of Sugar, on that another laying of flowers, do ſo till your Glaſs be full; then tie it over with a paper, and in a little time you ſhall have very excellent and pleaſant preſerves.

There is another way of preſerving Flowers, namely, with Vinegar and Salt, as they pickle Capers and Broom Buds, but becauſe I have little skill in it my ſelf, I cannot teach you.

2 Fruits, as Quinces, and the like, are preſerved two wayes:

Firſt, Boyl them well in water, and then pulp them through a ſieve as we ſhewed you before; then with the like quantity of Sugar boyl the water they were boyled in, into a ſyrup, *viz.* A pound of ſugar to a pint of Liquor; to every pound of this ſyrup add four ounces of the pulp, then boyl it with a very gentle fire to the right conſiſtence, which you may eaſily know if you drop a drop of it upon a Trencher, if it be enough it will not ſtick to your fingers when it is cold.

Secondly, Another way to preſerve Fruits is this, Firſt, pare off the Rind, then cut them in halves, and take out the Core; then boyl them in water till they are ſoft, if you know when Beef is boyled enough, you may eaſily know when they are; then boyl the water with its like weight of ſugar into a ſyrup, put the ſyrup into a pot, and put the boyled Fruit as whole as you left it when you cut it into it, and let it remain till you have occaſion to uſe it.

3 Roots are thus preſerved: Firſt ſcrape them very clean, and cleanſe them from the pith if they have any, for ſome Roots have not, as Eringo, and the like; boyl them in water till they be ſoft, as we ſhewed you before in the Fruits, then boyl the water you boyled the Roots in, into a ſyrup as we ſhewed you before, then keep the Root whole in the ſyrup till you uſe them.

4 As for Barks we have but few come to our hands to be done, and thoſe of thoſe few that I can remember, are Orenges, Lemmons, Citrons, and the outer Bark of Walnuts which grows without the ſhell, for the ſhells themſelves would make but ſcurvy Preſerves: Theſe be they I can remember, if there be any more, put them into the Number.

The way of preſerving theſe is not all one in Authors, for ſome are bitter, ſome are not: Such as are bitter, ſay Authors, muſt be ſoaked in warm wa-

ter, oftentimes changed till their bitter taſt be fled; but I like not this way, and my reaſon is this, Becauſe I doubt when their bitterneſs is gone, ſo is the Vertue alſo: I ſhall then preſcribe one common way, namely, the ſame with the former, *viz.* Firſt boyl them whole till they be ſoft, then make a ſyrup with ſugar and the Liquor you boyled them in, and keep the Barks in the ſyrup.

5 They are kept in Glaſſes, or glaſſed pots.

6 The preſerved flowers will keep a year if you can forbear eating of them; the Roots and Barks much longer.

7 This Art was plainly and clearly at firſt invented for delicacy, yet came afterwards to be of excellent uſe in Phyſick: For,

Firſt, Hereby Medicines are made pleaſant for ſick and queazy ſtomachs which elſe would loath them.

Secondly, Hereby they are preſerved from decaying a long time.

Chap. 9. *Of Lohochs.*

1 THat which the Arabians call *Lohoch*, and the Greeks *Eclegma*, the Latins call *Linctus*, and in plain Engliſh ſignifies nothing elſe, but a thing to be licked up.

2 Their firſt invention was, to prevent and remedy afflictions of the Breaſt and Lungs, to cleanſe the Lungs of flegm, and make it fit to be caſt out.

3 They are in Body thicker than a Syrup, and not ſo thick as an Electuary.

4 The manner of taking them, is often to take a little with a Liquoris ſtick, and let it go down at leaſure.

5 They are eaſily thus made: Make a Decoction of any pectoral Herbs, the Treatiſe will furniſh you with enough, and when you have ſtrained it, with twice its weight of Honey or ſugar, boyl it to a Lohoch: If you are moleſted with tough flegm, Honey is better than ſugar, and if you add a little Vinegar to it you will do well, if not, I hold ſugar to be better than Honey.

6 It is kept in pots, and may be kept a year and longer.

7 It is excellent for roughneſs of the Windpipe, Inflamations of the Lungs, Ulcers in the Lungs, difficulty of Breath, Aſtmaes, Coughs, and diſtillation of Humors.

Chap. 10. *Of Oyntments.*

1 VArious are the wayes of making Oyntments which Authors have left to poſterity, which I ſhall omit, and quote one which is eaſieſt to be made, and therefore moſt beneficial to people that are ignorant in Phyſick, for whoſe ſakes I write this. It is thus done:

Bruiſe thoſe Herbs, Flowers, or Roots you would make an Oyntment of, and to two handfuls of your bruiſed Herbs add a pound of Hogs Greaſe tried, or cleanſed from the Skins, beat them very well together in a ſtone Morter with a wooden peſtle, then put it in a ſtone pot (the Herbs and Greaſe I

mean

mean, not the Mortar) cover it with a paper, and ſet it either in the Sun, or ſome other warm place, three, four, or five dayes, that it may melt; then take it out and boyl it a little, then whil'ſt it is hot, ſtrain it out, preſſing it out very hard in a preſs; to this Greaſe add as many more Herbs bruiſed as before, let them ſtand in like manner as long, then boyl them as you did the former; if you think your Oyntment be not ſtrong enough, you may do it the third and fourth time; yet this I tell you, The fuller of juyce your Herbs are, the ſooner will your Oyntment be ſtrong: the laſt time you boyl it, boyl it ſo long till your Herbs be criſp, and the juyce conſumed, then ſtrain it, preſſing it hard in a preſs, and to every pound of Oyntment add two ounces of Turpentine, and as much Wax, becauſe Greaſe is offenſive to Wounds as well as Oyl.

2 Oyntments are vulgarly known to be kept in pots, and will laſt above a yeer, ſome above two yeer.

Chap. 11. *Of Plaiſters.*

1 THe Greeks made their Plaiſters of divers Simples, and put Mettals in moſt of them, if not in all; for having reduced their Mettals into powder, they mixed them with that fatty ſubſtance whereof the reſt of the Plaiſter conſiſted, whilſt it was yet hot, continually ſtirring it up and down leſt it ſhould ſink to the bottom; ſo they continually ſtirred it till it was ſtiff; then they made it up in Rolls, which when they need for uſe they could melt by the fire again.

2 The Arabians made up theirs with Meal, Oyl, and Fat, which needed not ſo long boyling.

3 The Greeks Emplaiſters conſiſted of theſe Ingredients: Mettals, Stones, divers ſorts of Earth, Feces, Juyce, Liquoris, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rozin, Gums.

Chap. 12. *Of Pultiſſes.*

1 PUltiſſes are thoſe kind of things which the Latins call *Cataplaſmata*, and our learned Fellows, that if they can read Engliſh that's all, call them *Cataplaſms*, becauſe 'tis a crabbed word few underſtand; it is indeed a very fine kind of Medicine to ripen ſores.

2 They are made of Herbs and Roots fitted to the Diſeaſe and member afflicted, being chopped ſmall, and boyled in Water almoſt to a jelly, then by adding a little Barly meal, or meal of Lupines, and a little Oyl, or rough ſheep ſuet, which I hold to be better, ſpread upon a cloth and applied to the grieved place.

3 Their uſe is to eaſe pains, to break ſores, to cool Inflamations, to diſſolve hardneſs, to eaſe the ſpleen, to concoct Humors, to diſſipate ſwellings.

4. I beſeech you take this Caution along with you, Uſe no Pultiſſes (if you can help it) that are of an healing Nature, before you have firſt cleanſed the Body, becauſe they are ſubject to draw the Humors to them from every part of the Body.

CHAP.

Chap. 13. *Of Troches.*

1 THe Latins call them *Placentulæ*, or little Cakes (and you might have ſeen what the Greeks call them too, had not the laſt Edition of my *London Diſpenſatory* been ſo helliſhly printed; thats all the Kingdom gets by one Stationers printing anothers Copies, *viz.* To plague ehe Country with Falſe Prints, and diſgrace the Author) the Greeks τροχίσκοι, κυκλίσκοι, and ἀρτίσκοι; they are uſually little, round, flat Cakes, or you make them ſquare it you will.

2 Their firſt invention was, That Powders being ſo kept might reſiſt the intromiſſion of Air, and ſo endure pure the longer.

3 Beſides, They are the eaſier carried in the pockets of ſuch as travell: Many a man (for example) is forced to travel whoſe ſtomach is too cold, or at leaſt not ſo hot as it ſhould be, which is moſt proper, for the ſtomach is never cold till a man be dead; in ſuch a caſe 'tis better to carry Troches of Wormwood, or of Galanga, in a paper in his pocket, and more convenient behalf than to lug a Gallipot along with him.

4 They are thus made: At night when you go to bed, Take two drams of fine Gum Tragacanth, put it into a Galli-pot, and put half a quarter of a pint of any diſtilled Water fitting the purpoſe you would make your Troches for, to it, to cover it, and the next morning you ſhall find it in ſuch jelly as Phyſitians call Muſſilage; with this you may (with a little pains taking) make any Powder into paſt, and that paſt into little Cakes called Troches.

5 Having made them, dry them well in the ſhadow, and keep them in a pot for your uſe.

Chap. 14. *Of Pills.*

1 THey are called *Pilulæ*, becauſe they reſemble little Balls; the Greeks call them *Catapotia*,

2 It is the Opinion of Modern Phyſitians, That this way of making up Medicines, was invented only to deceive the palate, that ſo by ſwallowing them down whole, the bitterneſs of the Medicine might not be perceived, or at leaſt it might not be unſufferable; and indeed moſt of their pills, though not all, are very bitter.

3 I am of a clean contrary Opinion to this: I rather think they were done up in this hard form, that ſo they might be the longer in digeſting, and my Opinion is grounded upon Reaſon too, not upon Fancy nor Hearſay. The firſt invention of Pils was to purge the head: now as I told you before, ſuch infirmities as lay near the paſſages were beſt removed by Decoctions, becauſe they paſs to the grieved part ſooneſt: ſo here, If the infirmity lie in the head or any other remote part, the beſt way is to uſe Pils, becauſe they are longer in digeſtion, and therefore the better able to call the offending humor to them.

5 If I ſhould tel you here a long Tale of Medicines working by Sympathy and Antipathy, you would not underſtand a word of it, they that are ſet to make Phyſitians may find it in the Treatiſe: All Modern Phyſitians know

know not what belong to a Sympathetical Cure, no more than a Cuckoo knows what belongs to Flats and Sharps in Muſick, but follow the vulgar road, and call it, a Hidden Quality, becauſe 'tis hidden from the eyes of Dunces; and indeed none but Aſtrologers can give a reaſon of it, and Phyſick without Reaſon is like a Pudding without Fat.

5 The way to make Pils is very eaſie, for with the help of a Peſtle and Morter, and a little diligence, you may make any Powder into Pils, either with Syrup, or the Jelly I told you of before.

Chap. ult. *The way of mixing Medicines according to the Cauſe of the Diſeaſe, and part of the Body afflicted.*

THis being indeed the Key of the Work, I ſhall be ſomewhat the more diligent in it. I ſhall deliver my ſelf thus:

1 *To the Vulgar.*

2 *To ſuch as ſtudy Aſtrology, or ſuch as ſtudy Phyſick Aſtrologically.*

Firſt, to the Vulgar: Kind ſouls, I am ſorry it hath been your hard miſhap to have been ſo long trained in ſuch Ægiptian darkneſs, even darkneſs which to your ſorrows may be felt: The vulgar Road of Phyſick is not my Practice, and I am therfore the more unfit to give you advice; and I have now publiſhed a little * Book which will fully inſtruct you, not only in the knowledge of your own Bodies, but alſo in fit Medicines to Remedie each part of it when afflicted; in the mean ſeaſon take theſe few Rules to ſtay your ſtomachs.

* *Galens Art of Phyſick.*

1 With the Diſeaſe, regard the Cauſe, and part of the Body afflicted; for example, Suppoſe a Woman be ſubject to miſcarry through wind, thus do:

1 Look [*Abortion*] in the Table of Diſeaſes, and you ſhal be directed by that how many Herbs prevent Miſcarriage.

2 Look [*wind*] in the ſame Table, and you ſhal ſee how many of thoſe Herbs expel Wind.

Theſe are the Herbs Medicinal for your Grief.

2 In all Diſeaſes ſtrengthen the part of the Body afflicted.

3 In mixed Diſeaſes there lies ſome difficultie, for ſomtimes two parts of the Bodie are afflicted with contrary Humors, as ſomtimes the Liver is afflicted with Choler and water, as when a man hath both a Dropſie and the yellow Jaundice, and this is uſually mortal.

In the former, ſuppoſe the Brain be too cold and moiſt, and the Liver too hot and dry, thus do:

1 Keep your head outwardly warm.

2 Accuſtom your ſelf to ſmell of hot Herbs.

3 Take a Pill that heats the Head at night going to Bed.

4 In the morning take a Decoction that cools the Liver, for that quickly paſſeth the ſtomach, and is at the Liver immediately.

You muſt not think (Courteous people) that I can ſpend time to give you examples of all Diſeaſes; theſe are enough to let you ſee ſo much light as you without Art are able to receive: If I ſhould ſet you to look upon the Sun I ſhould dazle your Eyes, and make you blind.

Secondly

Secondly, To ſuch as ſtudy Aſtrologie (who are the only men I know that are fit to ſtudy Phyſick, Phyſick without Aſtrologie, being like a Lamp without Oil) You are the Men I exceedingly reſpect, and ſuch Documents as my Brain can give you at preſent (being abſent from my ſtudy) I ſhall give you.

1 Fortifie the Bodie with Herbs of the Nature of the Lord of the Aſcendent, 'tis no matter whether he be a Fortune or an Infortune in this caſe.

2 Let your Medicine be ſomthing Antipathetical to the Lord of the Sixth

3 Let your Medicine be ſomthing of the Nature of the ſign Aſcending.

4 If the Lord of the Tenth be ſtrong, make uſe of his Medicins.

5 If this cannot well be, make uſe of the Medicines of the light of time.

6 Be ſure alwaies fortifie the grieved part of the Body by ſympathetical Remedies.

7 Regard the Heart, keep that upon the Wheels, becauſe the Sun is the Fountain of Life, and therefore thoſe univerſal Remedies, *Aurum Potabile*, and the Philoſophers Stone, cure all Diſeaſes by only fortifying the Heart.

THE

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